Situation

(e.g. triggers, problems, perceived insults or hurts)

My Body's Reactions (fatigued, lethargic, out of energy, loss of appetite, etc.)

My Thoughts

(he/she is going to hurt me, leave, abandonment leaving me feeling empty)

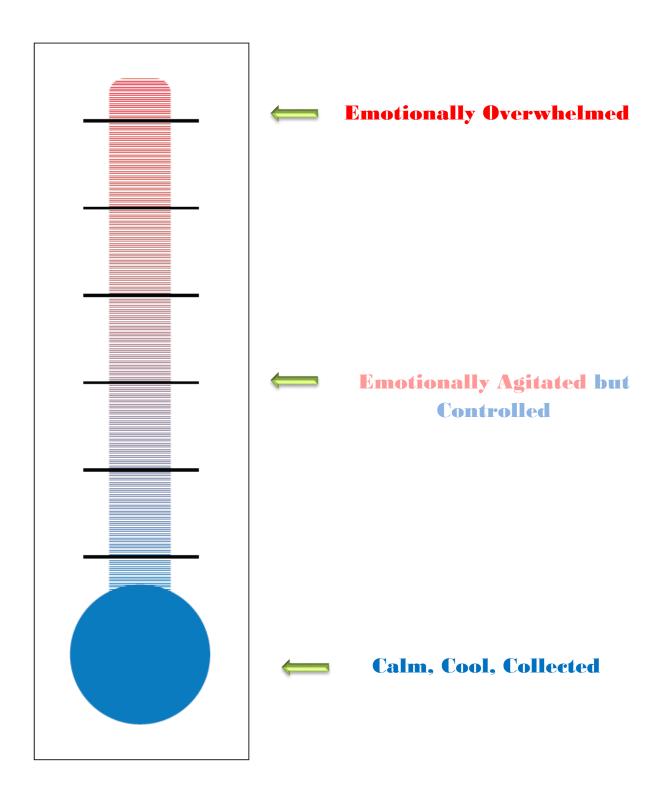
My Behavior

(isolate, attack, act out toward self or other)

My Emotions

(anxious, sad, depressed, afraid, worthless, invisible, etc.) Additional tools:

Emotions Thermometer – Gauge where you are emotionally



Engagement Skill: Red Light! Green Light!

Use the following to determine if you should:

Red light – stop, breathe, remove yourself from stressor, and use coping skills. DO NOT ACT!

Yellow light – Freeze and think about what you planning to do.

Green light – Go, you are calm, cool, and collected and aware of the consequence of your behavior and its impact on you, others, and situations.



Ask yourself:

What color is my traffic light?