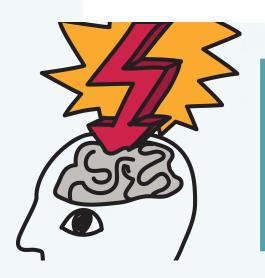


Trigger=Response

Triggering incident

Related Thoughts, Feelings, and Images

Response & Coping Strategy



Adaptive Strategy Options

Hold ice cube and breathe

Press PAUSE - stop and reason response

Walk away, choose to disengage

Listen to some music

Go for a walk - walk it off

Watch a Dr. Fox video on coping