

Trigger= Response

Triggering incident

[Empty box for Triggering incident]

Related Thoughts, Feelings, and Images

[Empty box for Related Thoughts, Feelings, and Images]

Response & Coping Strategy

[Empty box for 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

