



SITUATION...

- Situation, what happened?

- What did I do?

- How did I feel while I was reacting?

*What will I change
for next time?*

PROS to my solution:

CONS to my solution:

NEXT TIME...

- Next time, what strategy could I use to calm down before reacting? (breathing, counting, moving, etc.)

- Next time, what will I do instead?

- What might influence my decision?
(ex. My emotions, peer pressure, wanting to please someone, wanting to appear a certain way, etc.)

Next time!

PROS:

CONS :

