

BRAVE STEPS

Breathe

Rate ₀₁₂₃₄₅ (*Am I calm or not calm?*)

ACTION

If not calm...STOP!!

Use a **CALMING ACTION!!**

Breathe, body check, muscle relaxation, taking space, soothing your senses, busy hands, art, building, physical activity...etc.

STOP!! Go back to Rate

If calm...

Start your **GOAL DIRECTED ACTION!!**

Is this a **problem** to be solved?

Is it something to **rethink**?

Will **communication** help me here?

Should I just **refocus** and move on for now (re-visiting this at a more appropriate time)?

Is there a **relationship** that needs to be **taken care of** right now?

VOICE Can my BRAVE **VOICE** help me get through this?
(I CAN DO IT! I really CAN tolerate this! DISCOMFORT OFTEN = GROWTH)

EVALUATE

Was this helpful, unhelpful, or neutral (about the same)?