

# BRAVE SKILLS WORKSHEET

**Breathe** – 3 Belly breaths...focus on breathing 2 minutes

**Rate** – Happy Sad Angry Worried

**Action** – Calming AND/OR Goal Directed (5 Questions)

**Voice** – Reframe! I can do this, even if it's uncomfortable!

**Evaluate** – Did this help? Better? Worse? Same?

|          |                                  |                                  |                                  |                                  |                                  |                                  |                                  |
|----------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
|          |                                  |                                  |                                  |                                  |                                  |                                  |                                  |
| <b>B</b> |                                  |                                  |                                  |                                  |                                  |                                  |                                  |
| <b>R</b> | H ___<br>S ___<br>A ___<br>W ___ | H ___<br>S ___<br>A ___<br>W ___ | H ___<br>S ___<br>A ___<br>W ___ | H ___<br>S ___<br>A ___<br>W ___ | H ___<br>S ___<br>A ___<br>W ___ | H ___<br>S ___<br>A ___<br>W ___ | H ___<br>S ___<br>A ___<br>W ___ |
| <b>A</b> |                                  |                                  |                                  |                                  |                                  |                                  |                                  |
| <b>V</b> |                                  |                                  |                                  |                                  |                                  |                                  |                                  |
| <b>E</b> | -                                | -                                | -                                | -                                | -                                | -                                | -                                |

Time I used ACTION: (WHAT HAPPENED?)

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What was my rating? \_\_\_\_\_

What type of action(s) did I choose? Circle: CALMING GOAL-DIRECTED

What action(s) did I choose and how did I use it/them?

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Was this helpful, not helpful, or about neutral (the same)? Circle: -