



**- STOP:**

After an emotion is triggered, stop before you do anything!



**- TAKE A BIG STEP BACK:**

Try not to get carried away by your emotion urge.



**- OBSERVE:**

Look at the bigger picture. Ask yourself a few questions:

1. What emotion am I feeling that I want to change?
2. What am I reacting to? What thoughts am I having about this situation?
3. What might this situation look like to other people involved? What might their thoughts and feelings say?
4. What would this situation look like to people who are not involved?
5. What will help the most in this situation?



**- PROCEED IN WISE MIND:**

After you have observed the situation, proceed with what your Wise Mind is telling you to do.