

Example: Between classes you wave to your friend in the hallway and they don't wave back to you.



- STOP:

What emotion is triggered by this event?



- TAKE A BIG STEP BACK:

What could you do to help you relax?



- 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?

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.