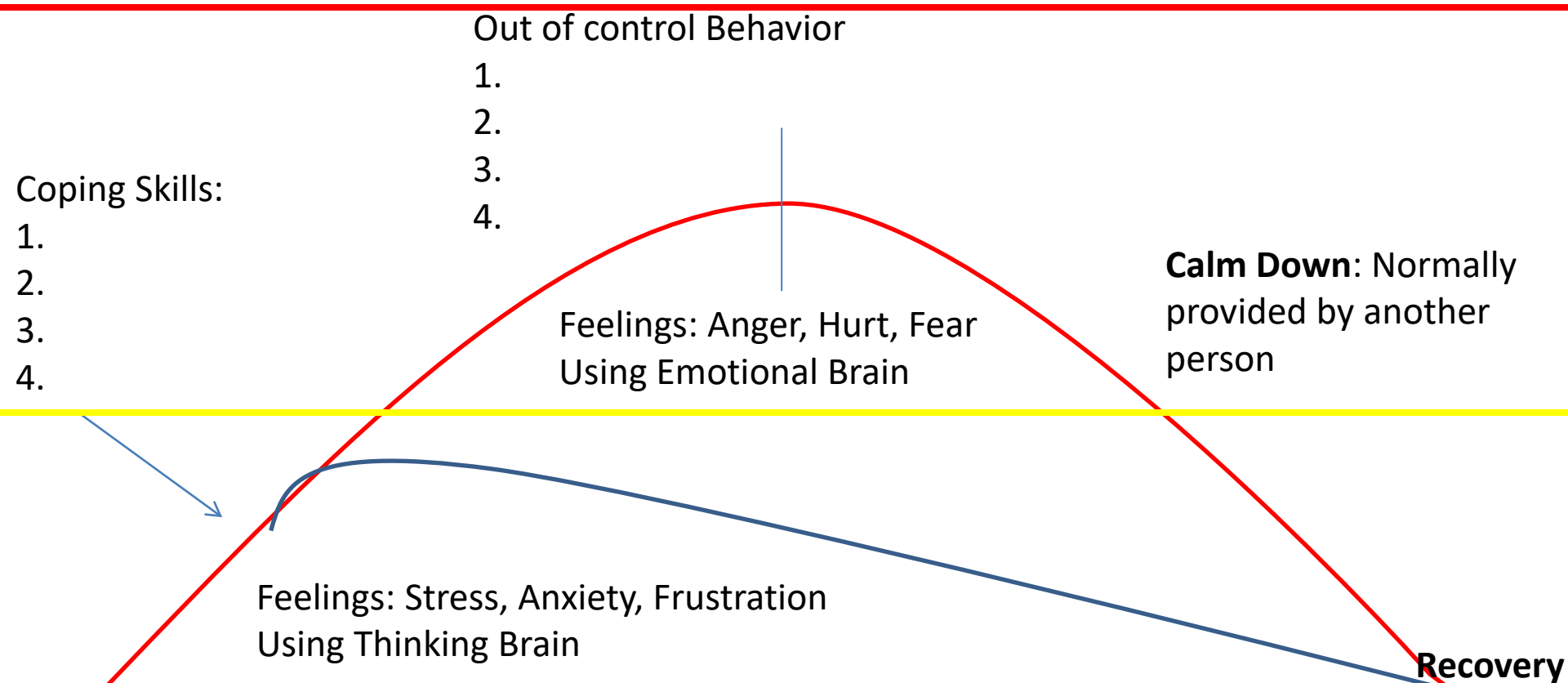


BEHAVIOR CYCLE

COLOR ZONES



Coping Skills:

- 1.
- 2.
- 3.
- 4.

Triggers/Event

- 1.
- 2.
- 3.
- 4.

Early Warning

Signs:

- 1.
- 2.
- 3.
- 4.

- 1. Repair Relationships
- 2. Accept Responsibility (I statement)
- 3. Set a Goal
- 4. Positive Self View