

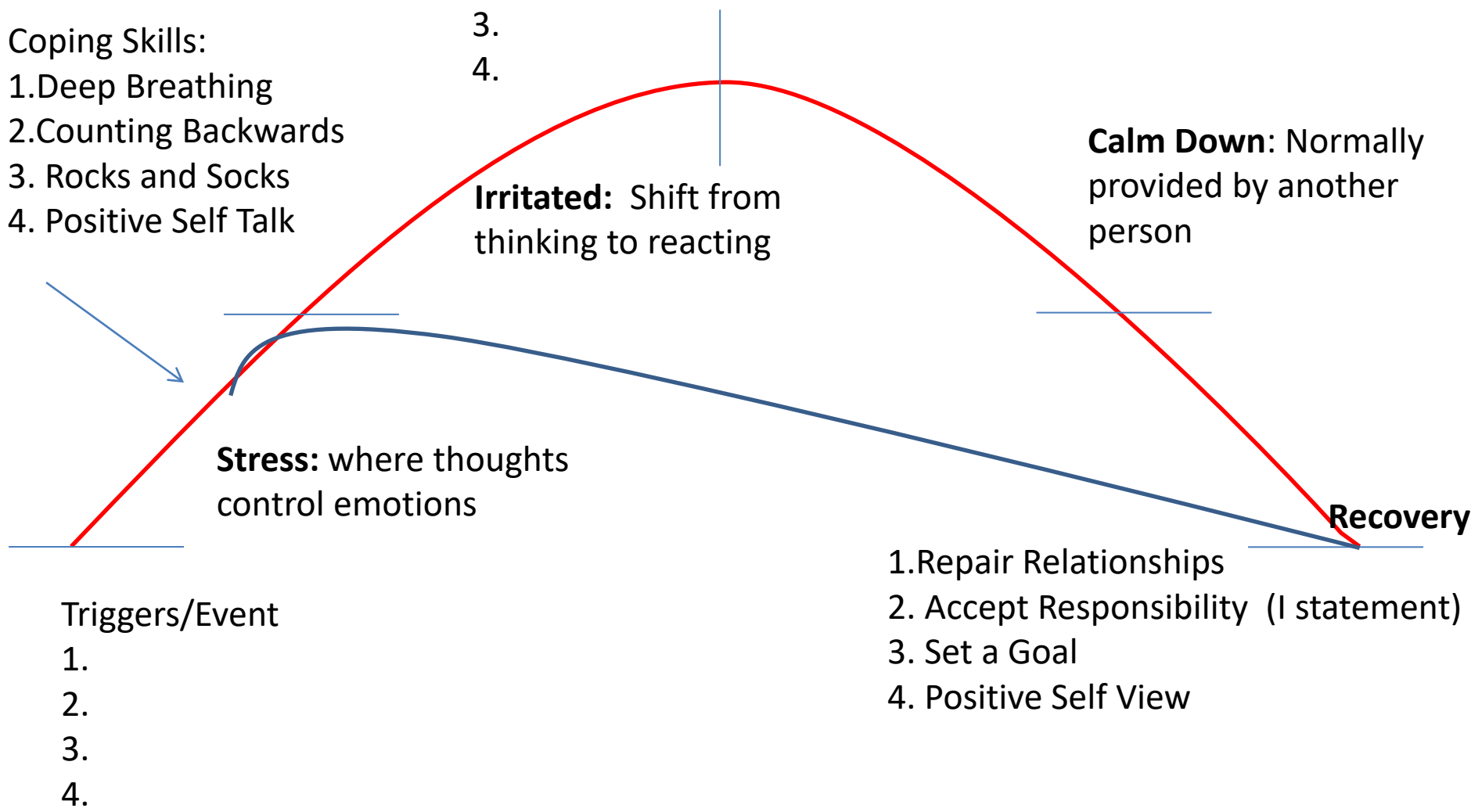
BEHAVIOR CYCLE

Coping Skills:

1. Deep Breathing
2. Counting Backwards
3. Rocks and Socks
4. Positive Self Talk

Out of control Behavior

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



Triggers/Event

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

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