

BrainWise CPR® Worksheet

Control—Stop and Think



How did I use my **Wizard Brain**?



How did I use my **Lizard Brain**?



Whose support will help me solve the problem?



What external red flags warned me?

What internal red flags warned me, and where in my body did I feel them?



Emotions Elevator

Floor I was on and emotions I felt:

<input type="checkbox"/>	10
<input type="checkbox"/>	9
<input type="checkbox"/>	8
<input type="checkbox"/>	7
<input type="checkbox"/>	6
<input type="checkbox"/>	5
<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

Emotion:

<input type="checkbox"/>	10
<input type="checkbox"/>	9
<input type="checkbox"/>	8
<input type="checkbox"/>	7
<input type="checkbox"/>	6
<input type="checkbox"/>	5
<input type="checkbox"/>	4
<input type="checkbox"/>	3
<input type="checkbox"/>	2
<input type="checkbox"/>	1

Emotion:

To Exit:

- Stop talking
- Leave
- Deep breaths
- Control self-talk
- Relax/meditate
- _____

Process—What I can do Give examples of how I can use these:



Respond—How I can do it



My Goal:

My Action Plan:



- I will talk to _____
- Use "I" messages
- Take Point of View of others
- Be assertive
- Use positive body language

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Background Information

Name _____ Date _____

Issue I am working on:

Discussed/Reviewed with _____