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?

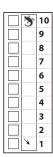


Emotions Elevator

Floor I was on and emotions I felt:

3	10
	9
	8
	7
	6
	5
	4
	3
	2
1	1

Emotion:



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	
January Laure consulting a successive		
Issue I am working on:		

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Discussed/Reviewed with_____