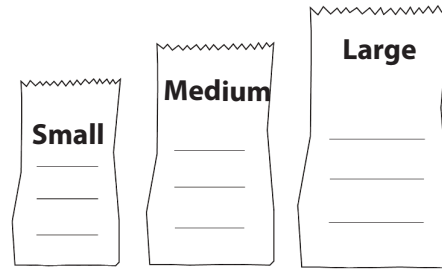


BrainWise CPR®

What is the problem?

What size bag does the problem fit?



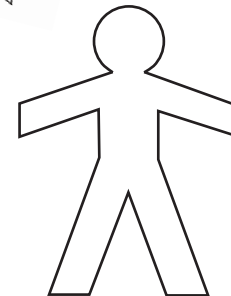
CONTROL: How to **Stop** and **Think**



Circle which **brain** you were using:



What **red flag warnings** did you *feel*?
Circle where you felt it in your body.



What **red flag warnings** did you *see* or *hear*?

Emotions Elevator

Where were you on the **Emotions Elevator**?

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

How could you lower your **emotions**?

Check the boxes with responses to use.

- Stop talking
- Deep breaths
- Calm down
- Control self-talk
- Leave
- Use support

BrainWise CPR®

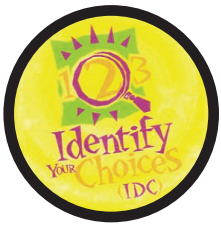
PROCESS: What I Can Do (Give examples of how you can use these)



Is it a **Fact** or an **Opinion**?



What **Questions** can you ask that will help solve the problem?



What **Choices** do you have?



What are the **Consequences** of making your choices?

Who will the choice effect?

RESPOND: How I Can Do It



What do you want to happen? This is your **Goal**.

What can you do to make it happen? This is your **Plan of Action**.



How will you **Communicate** what you are going to do?

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