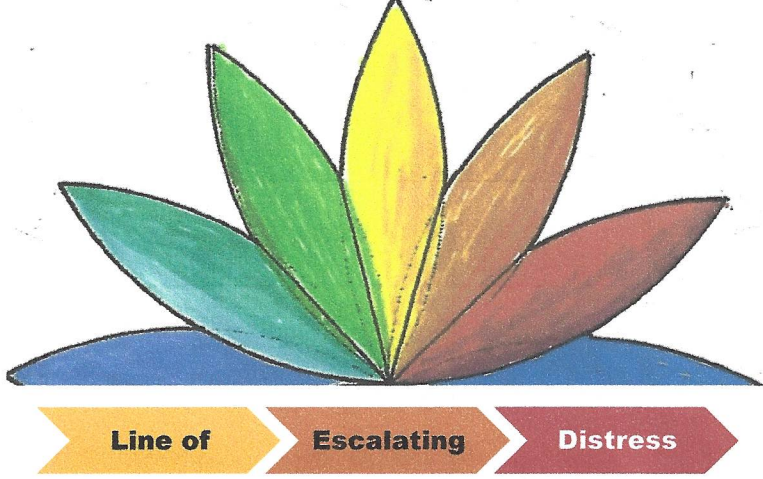


SUDS

Subjective Units of Distress

<p>INNER PEACE</p>	 <p>SAFE COPING STRATEGIES:</p>	<p>SHUT DOWN</p>
<p>1. STOP</p>	<p>I WILL: _____ _____ _____</p>	<p>*BREATHE*</p>
<p>2. DISTRACTION & RE-FOCUS</p>	<p>I WILL: _____ _____ _____ _____</p>	<p>*DOUBLE UP*</p>
<p>3. STABILIZE</p>	<p>I WILL: _____ _____ _____ _____</p>	<p>*COMBINE STRATEGIES*</p>
<p>4. POSITIVE/ CREATIVE ENERGY</p>	<p>I WILL: _____ _____ _____</p>	
<p>5. SHARING POSITIVE MESSAGES</p>	<p>I WILL: _____ _____ _____</p>	