

Practice your FLUSH



How Did You?

1. Face the Situation:

2. Listen to my body and thoughts:

3. Understand my emotions:

4. Set a boundary:

5. Handle myself:

Give a GUT CHECK a go!

How Did You?



1. Get a hold of yourself?

2. Uncover your thoughts and emotions:

3. Take a moment, chill:

Give a GUT CHECK a go!



4. Confess:

5. How were you hurtful:

6. Explain the negative impact:

7. Commit to not doing it again:

8. Karma, make it right: