

The three R's of regulating emotional levels:

React rationally

Relax

Re-frame

Before you speak:

THINK

T: Is it true?

H: Is it helpful?

I: Is it inspiring

N: Is it necessary?

K: Is it kind?

I feel \_\_\_\_\_ when...

Proactive thinking:

Stop - Think - Act

Reactive thinking:

Act - Stop - Think

Things to remember:

1. Is this worth an argument? If it can be avoided, then do so. You do not have to get mad, even if you have the right to be.
2. Stay in the here and now.
3. No personal attacks and character assassinations.
4. Have a goal going into the disagreement.
5. Retreat with dignity.
6. Set time limits on the argument, for example, five minutes.