

Yikes! What now?

STOP

BREATHE

REFLECT:

How do I feel physically? emotionally?
What are my automatic thoughts?

CHOOSE:

What do I want? What do I need? What is the practical problem? What can I do?

Affirm:

"I am willing to release the patterns in me
that created this condition"

Appreciate:

Ahhh! That's feels much healthier!