Responding with Intention

ADULT-FIRST CHOICES BUILD BELONGING

BEHAVIORS THAT CHALLENGE YOU:

➢

WHERE DO YOU FEEL IT?

➢

A PAUSE ACTION I CAN TAKE IS;

- ❑ DEEP BREATH
- ❑ TAKE A DRINK OF WATER
- ❑ RELAX YOUR MUSCLES
- ❑ COUNT TO 10
- ❑ CHALLENGE YOUR THOUGHTS
- ❑ USE A GROUNDING TECHNIQUE
- ❑ OTHER:

YOU **CHOOSE** YOUR **RESPONSE**

1. **Ensure safety**
   Is this an emergency?
2. **Validate the feeling**
   I understand. This feels hard. I would feel ____ too if . . .
3. **State expectation & offer a choice**
   It is time to _____. You can ___ or ____.
4. **Prompt the use of a replacement skill**
   State what you want them TO DO, offering support when needed
5. **Use a visual**
   Reduce adult language, show and provide visual supports

PAUSE – ACCEPT – CHOOSE – TEACH

PAUSE Put space between a triggering situation and your response.

ACCEPT Name the moment without judgement. What is true now?

CHOOSE Presume positive intent. What calm, loving stance will you take?

TEACH What does this person need to learn or practice? What is the next reachable skill (i.e., not the whole staircase)?

One new strategy I will try:

Adapted from National Center for Pyramid Model Innovations
www.challengingbehavior.org
& Conscious Discipline's 7 Powers

Visit us at
www.superstartco.com