

## INSTRUMENT 2: RESPONDING TO THE SCENARIO (WORKSHEET)

In the moment...	
Sensations I notice in my body	
Thoughts coming through my head	
Words that describe my <b>feelings</b> and <b>emotions</b> in the moment	
How do I want to <b>respond</b> to these sensations, thoughts, and feelings?	
My immediate response...	
What is <b>most important</b> to me to make happen? What <b>goal</b> do I have in this situation?	
Responses that will probably <b>help</b> these things to happen	
Responses that could <b>harm</b> what I care about	
Things I could do in the moment to <b>help myself</b> act in a way to make the situation better or feel better	
After some time passes...	
How do I respond when I've had some time to settle down?	
How do I handle the situation to <b>get back on track</b> with my goal or <b>prioritize</b> what's really important to me?	

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