Instrument 2: Responding to the scenario (worksheet)

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| In the moment… | |
| Sensations I notice in my body |  |
| Thoughts coming through my head |  |
| Words that describe my feelings and emotions in the moment |  |
| How do I want to respond to these sensations, thoughts, and feelings? |  |
| My immediate response… | |
| What is most important to me to make happen? What goal do I have in this situation? |  |
| Responses that will probably help these things to happen |  |
| Responses that could harm what I care about |  |
| Things I could do in the moment to help myself 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 get back on track with my goal or prioritize what’s really important to me? |  |