

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 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?	

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