

| 1 | observe + record overreaction happening email it or phone memo or paper note | 2 | After you calmed down write the <i>result</i> of your actions | 3 | Identify better future response | 4 |
|---------------|---|---|--|-----------------|------------------------------------|---|
| Overreactions | | | What actually happened | Future Response | | |
| Date: | Behavior Situation Place | | | | | |
| Time: | People Feelings Thoughts | | | | | |
| Date: | Behavior Situation Place | | | | | |
| Time: | People Feelings Thoughts | | | | | |
| Date: | Behavior Situation Place | | | | | |
| Time: | People Feelings Thoughts | | | | | |
| Date: | Behavior Situation Place | | | | | |
| Time: | People Feelings Thoughts | | | | | |
| Date: | Behavior Situation Place | | | | | |
| Time: | People Feelings Thoughts | | | | | |

5 Evaluate which behavior (response) worked **best** and then select **min 1** and **max 3** per situation to use later. As time goes on you can repeat this exercise & come up with **NEW responses** if the old ones don't work anymore. You will need to do this **exercise each month** for it to be effective.

PLANNED

| | |
|--------------|--|
| Situation #: | |
| Behavior #: | |
| Situation #: | |
| Behavior #: | |
| Situation #: | |
| Behavior #: | |