

Meta-Moments



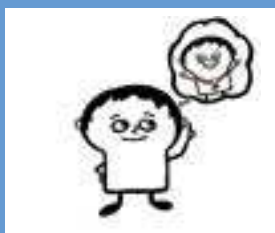
1. Something Happens



2. Sense



3. Stop



4. See your best self



5. Strategize



6. Succeed!

1. Jot down your trigger here.

2. Imagine yourself in the “trigger” situation.

What are you thinking? _____

What is happening in your body? _____

How are you expressing yourself? _____

3. Visualize yourself doing a breathing exercise to calm down and *stop* your typical reaction.

4. Imagine your best possible self and describe...

The person you would like to be: _____

How you would like to be viewed: _____

What you believe is the best possible outcome: _____

5. Keeping your *best possible self* in mind, what could your positive self-talk or positive reappraisal be:

6. Describe a more effective response that you can try the next time you are triggered by this or similar situations:

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Let's take a look...

Things that went well

Things that might be improved upon

Notes

