

Check In Tool

I feel angry that ...

I feel sad that...

I feel afraid that...

I feel guilty that...

I feel grateful that...

I feel happy that...

I feel secure that...

I feel proud that...

Brain States 1 2 3 4 5

Do not judge (I will not judge myself and others),
Minimize harm, Know it will pass

Brain State 5 - Damage Control Tool

Emotional Housekeeping