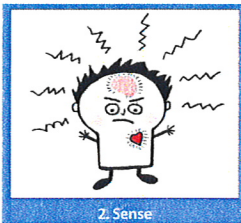


Proactive Meta-Moment Worksheet



1. Something happens: What is the issue or interaction you are having difficult with?
How do you usually feel when this happens?

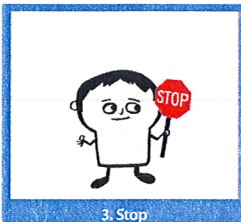


2. Sense: Now, close your eyes and imagine how you typically react when this happens?

What are you thinking? _____

What is your body doing? _____

How are you expressing yourself? _____



3. Stop: Next, imagine yourself in that situation using a breathing exercise. Describe the exercise and make a commitment to using it.



4. See your best self: Now, that your breathing has helped you slow down, think about the very *best self* you can be in that situation. Describe yourself. I am...

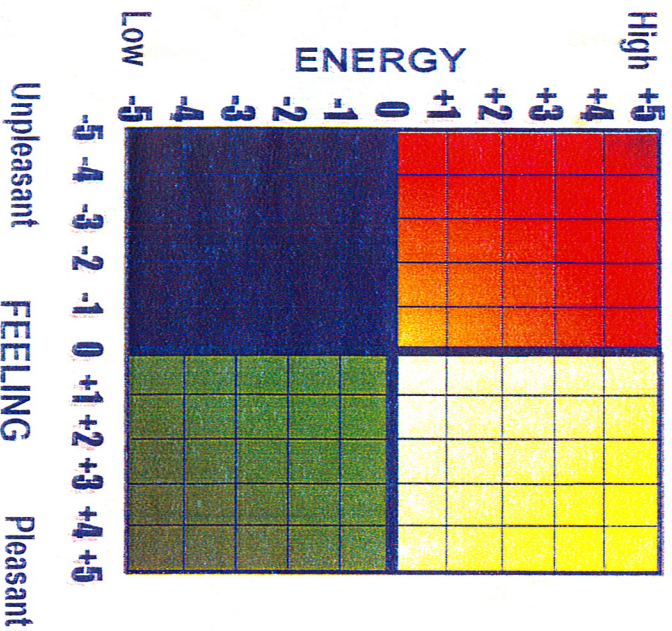


5. Strategize: Imagine your best self in the difficult situation and replace what you have done that has not worked well with positive self talk. Describe your self talk.



6. Succeed: Now that you have taken a Meta-Moment, describe a successful response to your difficult situation.

Mood Meter



1. Where are you on the Mood Meter?
(Recognizing)
2. Why do you feel this way?
(Understanding)
3. What word best describes your current feeling?
(Labeling)
4. How are you expressing your feeling?
(Expressing)
5. How will you manage your feeling?
(Regulating)