



Proactive Meta-Moments Worksheet 1.4



1. Something Happens



2. Sense



3. Stop



4. See your best self



5. Strategize



6. Succeed!

Something happens. Describe something that makes you angry or frustrates you.

Sense: Now, close your eyes and imagine how you experience the situation.

What are you thinking? _____

What is your body doing? _____

How are you showing your feelings? _____

Stop: Next, imagine yourself in that situation using a breathing exercise.

Describe the type of breathing exercise you use.

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..."

Strategize: Now that you see your best self, what can you say to yourself (your positive self talk) to help you regulate your anger or frustration? My positive self talk is:

Succeed: Now describe an effective response to your difficult situation
