

## **Proactive Meta-Moments Worksheet 1.4**



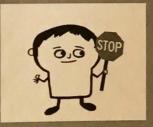
1. Something Happens



2. Sense



3. Stop



4. See your best self



5. Strategize



6. Succeed!

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