

STEP 4: SELF-MANAGEMENT TOOLS ~ CALMING STATEMENTS



Directions: Read the following phrases and note which ones may be useful to help you get more grounded and centered during difficult situations.

Remind yourself about the dynamics of triggers

- I'm just triggered right now...this too shall pass...
- It's not about them, there's something going on in me...
- This could be a powerful learning moment for them, for me...

Focus on what is positive

- At least they are willing to engage in this conversation...
- A few people seem to be reflecting and more open...
- What can I learn and take away from this situation to help me in the future?

Trust the process

- Everything happens for a reason...trust the process....
- Hmm, this is curious...I wonder why this is happening right now?
- I may have over-estimated what's possible in this moment...what would be a reasonable next step from here?
- I'll just wait and see what emerges...

Adjust your approach

- She may not be willing to engage right now, but I'll bet some other folks will...
- So that approach didn't seem to work...what else can I try?
- I have responded effectively in similar situations, I can do it again.

Focus on the intent of others

- They're doing the best they can with the knowledge and resources they have...
- He's just trying to meet unmet needs...
- I trust they are not intentionally trying to undermine me...

What other thoughts would help you center yourself in difficult situations?



.....

.....

.....

