Awareness

- Stop behaviors that feed the cycle
- Breathe
- Choose different Behaviors/actions/ skills

Actions

- Stop negative images/videos
- Breathe
- Switch to positive ones

Images

- Be aware of feelings in the body
- Breathe/Have (be with)the feelings
- Check the message(s)
- Decide to act, express or not

Body/Breath

- Mindful Breath
- Deep Breath
- PM Relaxation

Response Cycle

Thoughts Beliefs

- Stop the thought
- Breathe
- Switch (refocus) to positive thought, image, breath, input from senses (NOW)

Feelings