

PRACTICE S-E-L-F...

USE THIS TO HELP YOU DE-ESCALATE AND MAKE GOOD DECISIONS WHEN YOU EXPERIENCE CONFLICT

S

SLOW DOWN

As soon as you feel overwhelm, escalation or anger, take a deep breath. Focus on the present moment and do a body scan to actively calm the physical symptoms of what is happening emotionally.

E

EMPHASIZE THIS MOMENT

Notice what is happening in that exact moment rather than what you imagine is occurring.

Do not catastrophize or assume.

L

LOOK AT OPTIONS

Ask yourself the following questions:

- What can you do to shift what is occurring right now?
- What is needed and necessary?
- What can you let go?

F

FIGURE OUT A PLAN

List options for a response and plan of action. Pause, again, before deciding, short of an emergency (and it's rarely that). Take action in line with your values rather than reacting which may have defined the response previously.

...TO FIND CALM



**DEAR
DIVORCE
COACH**

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