

When something stressful or upsetting happens, there may be times where you respond in an inappropriate manner. Everyone does this sometimes. It is important to "take 5," which means to take 5 minutes or more to reflect on your behavior. This will help you to review how you responded and then think about what you could have done instead. This reflection can help you respond differently in the future. You might need assistance from someone who knows you to complete this chart.

What happened—what was the issue, problem, or situation? _____

How did I respond?

What should I do instead?