

# THE 4 R'S

## **RECOGNIZE:**

where you're at emotionally.

## **RESPOND:**

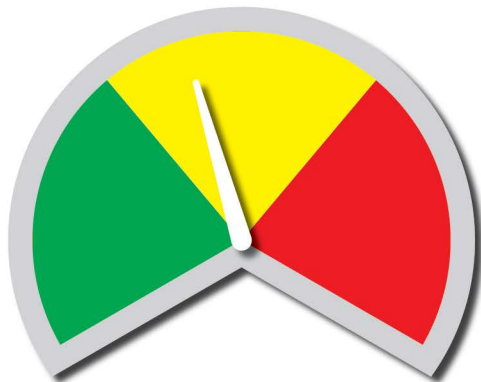
with an appropriate strategy.

## **REFLECT:**

what are the facts of what happened?

## **REFRAME:**

What else could those facts mean?



## Intensity Meter

# STRATEGIES

In the GREEN:  
(engage, prepare)

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

In the YELLOW:  
(slow down,  
calm down)

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

In the RED:  
(disengage,  
seek safety)

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |