

EMOTIONALLY SPIRALING

1. Pause
2. Breathe
3. Reset
4. Repeat

Purpose: *Interrupt emotional spirals before decisions are made.*

- Pause before reacting
- Take a slow 1-2 breaths
- Reset your thinking
- Repeat as needed

(Rinse & Repeat)

What Am I Reacting To Right Now?

Purpose: *Separate emotion from logic in the moment.*

- Am I reacting to my feelings or the actual situation?
- What part of this is emotional?
- What part is factual?

**(Create Self-Awareness
Without Judgment)**

Listen to Understand (Not to Respond)

Purpose: *Reduce misunderstanding by shifting attention away from self-response and toward meaning.*

- Pause while they're speaking
- Listen for what **they** mean, not what you'll say
- Notice assumptions forming — What might **their intention** be?
- Reflect back before responding
- Understanding first, responding second

(We have 2 ears & 1 mouth for a reason)

What I Do Control vs. What I Don't Control

Purpose: *Reduce stress by clarifying control.*

You Do control:

- What you think
- What you do

You do NOT control:

- Other people
- Outcomes
- Timing

(Clarity of Situations)

Accept It • Change It • Leave It

Purpose: *Simple decision framework for any situation.*

- **Accept it** (not tolerate — genuinely accept)
- **Change it** (your actions, your response, or the situation)
- **Leave it** (physically, emotionally, or by limiting exposure)

(Applicable to any
Situation or Decision)

“Yay, I Won That Argument.”

Purpose: *Is Arguing or Debating worth it*

Winning arguments rarely
builds understanding
or trust

Before Engaging Ask Yourself:

- Is this to exchange ideas or persuade?
- Am I actually listening?
- Will this help the relationship long-term?

(Who Really Wins in an Argument)