

## 1. Calm Yourself Down

Don't fill out this worksheet unless you're calm. You can calm down through slow breathing, drinking a glass of water, putting your hand on your heart, etc. How did you calm yourself down enough to begin the next steps?

---

## 2. Analyze What Happened

What happened? \_\_\_\_\_

---

Did you have an automatic stress response? If yes, describe the trigger and response. \_\_\_\_\_

---

What were some thoughts and feelings that you had? \_\_\_\_\_

---

How did you respond? What actions did you take or not take? \_\_\_\_\_

---

What thoughts do you have about how you responded? \_\_\_\_\_

---

What else is contributing to this situation? (Emotional childhood, manuals, boundaries, wounds, etc.)

---

---

## 3. Listen to God

Have a conversation with God about what happened. Pray over what you've written. Ask Him what He wants you to see and what He's trying to teach you. Write what you hear. Revise the Analyze section.

---

---

---

## 4. Make a Plan

What is already working? \_\_\_\_\_

What needs work? \_\_\_\_\_

Do you want to calm down differently next time? Faster or a different method? \_\_\_\_\_

---

What thoughts would be helpful the next time a situation comes up? \_\_\_\_\_

---

What skill(s) do you and/or your kids need to acquire? \_\_\_\_\_

Do you need to fill out a Protocol Worksheet? ☐ No ☐ Yes, for: \_\_\_\_\_

Do you need to fill out a Leveraged Action Worksheet? ☐ No ☐ Yes, for: \_\_\_\_\_