



CATHOLIC MOM

*Calm*

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WORKSHEETS

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## 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?

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## 2. Analyze What Happened

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

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

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

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

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

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

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## 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.

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## 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? \_\_\_\_\_

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

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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: \_\_\_\_\_

*Skills for Me*

TO ACQUIRE

Skill to Acquire

How This Will Help You

Start Date:

Deadline:

Reward:

Obstacles to Overcome

Resources

Big Steps

Little Steps

Notes

# *Skills for Me* TO ACQUIRE

Skill to Acquire

How This Will Help You

Start Date:

Deadline:

Reward:

Obstacles to Overcome

Resources

Big Steps

Little Steps

Notes

*Skills for*

TO ACQUIRE

*kid's name*

Skill to Acquire

How This Will Help You

Start Date:

Deadline:

Reward:

Obstacles to Overcome

Resources

Big Steps

Little Steps

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*Skills for*

TO ACQUIRE

*kid's name*

Skill to Acquire

How This Will Help You

Start Date:

Deadline:

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# Protocol FOR:

**Examples:** *You have a migraine, morning sickness, a kiddo is sick, someone invites you to something spontaneously, your husband works late, etc.*

## What I am going to do:

## What I am not going to do:

## Ways I can ask for help/make this easier:

**Examples:** *hire childcare, easy dinner, put a movie on, etc.*

## How I am going to talk to myself:



## LEVERAGED *Actions*

### What are some actions I can do to make future actions easier or unnecessary?

**Examples:** Train kids to sweep, buy a basket for socks by the door, learn how to make freezer meals, buy a Roomba, minimize a closet, etc.

# THE Model

Put one unintentional thought into the model and shift it to an intentional one.

## Unintentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Intentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Unintentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Intentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Unintentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Intentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Unintentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

## Intentional

Circumstance: \_\_\_\_\_

Thought: \_\_\_\_\_

Feeling: \_\_\_\_\_

Actions: \_\_\_\_\_

Result: \_\_\_\_\_

**Pray:** "Lord, send down the Holy Spirit to guide me through this work."

**What lessons did you learn yesterday?**

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**What's the plan for today?** *Food, leaving the house, activities, naps, screen time, etc.*

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**Top 3 feelings you want to feel today:**

**Nourish your body & stay calm**

*How will you take care of your body and your mental health today?*

*What tools will you use to calm down when you feel upset?*

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**What skill(s) are you and/or your kids working on today?** *Write how you will incorporate this today.*

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**Listen to the Lord** *Sit quietly for a few minutes and ask the Lord what He wants to share with you.*

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**Go Forth in Prayer** *Ask for a Gift of the Holy Spirit and anything else you want to pray for.*

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