

THE CALM-DOWN WORKSHEET

Answer the questions below. They will help you think about what is going on and what YOU can do to feel better about a situation. Doing this means YOU are taking care of YOURSELF and doing what you can to cope in the RIGHT ways. Sometimes we can't change our environment or what is happening around us, but we CAN decide how we will respond to it. The questions below will help you think of ways to calm yourself. This is called self-calming. Sometimes self-calming is not enough, but it CAN help you focus on good questions when talking to someone else.

1. What was happening just before I started feeling bothered?

2. What is the upsetting thing or event?

3. What feelings do I have? *(look on the back of this form to help you)*

4. What can I DO to feel better and calm down?

By answering these questions, I am taking care of MYSELF. I can think to myself: "I am doing what I can to HELP myself! I am taking care of ME. This is a GOOD way to handle things."