

|                                |                        |                              |                                  |                              |
|--------------------------------|------------------------|------------------------------|----------------------------------|------------------------------|
| <b>B</b>                       | <b>I</b>               | <b>N</b>                     | <b>G</b>                         | <b>O</b>                     |
| Walk<br>Away                   | Apologize              | Establish<br>Ground<br>rules | Take<br>Responsibility           | Sandwich<br>them in<br>Model |
| Count to<br>100                | Use I<br>Statements    | Shapers                      | Ask<br>Questions                 | Take<br>Deep<br>Breaths      |
| Think of<br>Something<br>Funny | Withdraw               | <b>FREE</b>                  | Avoid<br>Dangerous<br>Situations | Imagine<br>Peaceful<br>stuff |
| Compromise                     | Insure<br>my<br>Safety | Talk it<br>out               | Red<br>Face                      | Talk to<br>someone           |
| Fast<br>Heart<br>Beat          | Shake                  | Exercise                     | Blame                            | Stuff it<br>In               |

|                                  |                              |                              |                        |                     |
|----------------------------------|------------------------------|------------------------------|------------------------|---------------------|
| <b>B</b>                         | <b>I</b>                     | <b>N</b>                     | <b>G</b>               | <b>O</b>            |
| Withdraw                         | Talk it<br>out               | Take<br>Deep<br>Breaths      | Stuff it<br>In         | Talk to<br>someone  |
| Avoid<br>Dangerous<br>Situations | Compromise                   | Sandwich<br>them in<br>Model | Count to<br>100        | Shake               |
| Ask<br>Questions                 | Fight                        | <b>FREE</b>                  | Apologize              | Red<br>Face         |
| Walk<br>Away                     | Blame                        | Write                        | Take<br>Responsibility | Shapers             |
| Establish<br>Ground<br>rules     | Imagine<br>Peaceful<br>stuff | Insure<br>my<br>Safety       | Fast<br>Heart<br>Beat  | Use I<br>Statements |

|                        |                          |                        |                            |               |
|------------------------|--------------------------|------------------------|----------------------------|---------------|
| <b>B</b>               | <b>I</b>                 | <b>N</b>               | <b>G</b>                   | <b>O</b>      |
| Count to 100           | Talk to someone          | Insure my Safety       | Take Responsibility        | Apologize     |
| Withdraw               | Take Deep Breaths        | Establish Ground rules | Compromise                 | Shake         |
| Imagine Peaceful stuff | Fight                    | <b>FREE</b>            | Avoid Dangerous Situations | Ask Questions |
| Blame                  | Think of Something Funny | Sandwich them in Model | Exercise                   | Stuff it In   |
| Use I Statements       | Walk Away                | Red Face               | Fast Heart Beat            | Count to 50   |