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**Stress Reduction Exercise**

I feel angry that ...

I feel sad that...

I feel afraid that...

I feel guilty that...

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grind-In: Ask yourself...*

*What is my unrealistic expectation? What is a more realistic expectation?*

I feel grateful that...

I feel happy that...

I feel secure that...

I feel proud that...

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Brain States 1 2 3 4 5**

**Brain State 5 - Damage Control Tool**

Do not judge (I will not judge myself and others), minimize harm, know it will pass

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