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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...

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 **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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