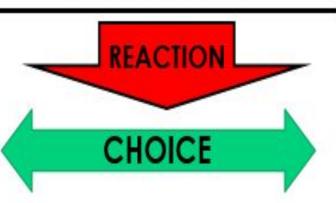
Response Options

TRIGGER EVENT



JUDGEMENT

Interpretations
Assumptions
Comparisons
Assessing Value
Mind Reading
Distortions

EMOTION DISREGULATION

Shame Anger Fight or Flight Shut Down Mood Alter

MINDFULNESS

Check the Facts
Notice Emotions
and Sensations

Acceptance of Present Moment.



EMOTION REGULATION

Radical Acceptance
Opposite Action
Breathing
Grounding