

# Awareness

# Response Cycle

Body/Breath

- *Mindful Breath*
- *Deep Breath*
- *PM Relaxation*

Thoughts  
Beliefs

- *Stop the thought*
- *Breathe*
- *Switch (refocus) to positive thought, image, breath, input from senses (NOW)*

Feelings

- *Be aware of feelings in the body*
- *Breathe/Have (be with)the feelings*
- *Check the message(s)*
- *Decide to act, express or not*

Images

- *Stop negative images/videos*
- *Breathe*
- *Switch to positive ones*

Actions

- *Stop behaviors that feed the cycle*
- *Breathe*
- *Choose different Behaviors/actions/skills*