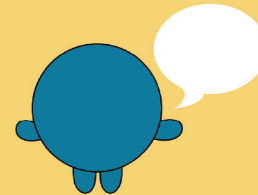




# All Feelings Are Okay, All Behaviors Are Not



Name It: Say or show the feeling word



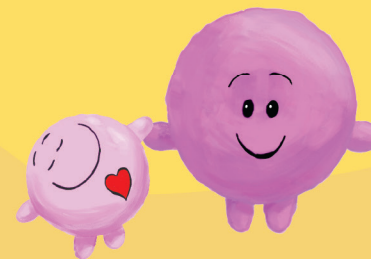
Shrink It: Reduce the size of the feeling with a calm-down breath



Redo it: Redo hurtful moments



Share it: Go to a trusted person for help



## And Remember...

# You Can Be Mad, But You Can't Be Mean

