

Answer each question below. Circle the correct multiple choice answer. Write answers for open ended questions.

- 1) \_\_\_\_\_. Deep, slow breaths cause your brain to release chemicals that help you calm down.
  - a) Look
  - b) Sit
  - c) Breathe
  - d) I don't know
- 2) Lean into \_\_\_\_\_. Accept responsibility. Examine your self-talk. You are responsible for the things you tell yourself.
  - a) truth
  - b) walls
  - c) people
  - d) I don't know
- 3) Walk \_\_\_\_\_. You don't have to fix the problem in the moment.
  - a) along
  - b) away
  - c) quickly
  - d) I don't know
- 4) Act \_\_\_\_\_, making yourself respond in a calm manner allows communication to happen.
  - a) calmly
  - b) rashly
  - c) ridiculous
  - d) I don't know
- 5) Learn your \_\_\_\_\_ and limit those things that you know make you vulnerable.
  - a) studies
  - b) triggers
  - c) lessons
  - d) I don't know
- 6) Keep an \_\_\_\_\_ journal. Note the date, time, a brief explanation of what triggered it, and how you resolved it.
  - a) idea
  - b) entertainment
  - c) anger
  - d) I don't know
- 7) Stop yourself from \_\_\_\_\_. Research has shown that it does not actually make you feel less angry.
  - a) venting
  - b) eating
  - c) crashing
  - d) I don't know
- 8) Be the \_\_\_\_\_. Your children watch and learn from you. Be aware of the example you set for your children.
  - a) boss
  - b) mediator
  - c) example
  - d) I don't know