

Printable RESET Tool Card

INSTRUCTIONS:

1. Cut along dotted lines
2. Post many places to create visual reminders
 - Home - on the fridge!
 - Work - on your computer!
 - Car - on the visor!



CHECK YOUR LEVEL

● Safe
 ● CAUTION
 ● DANGER

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STEP 1: RESET

 Turn off the faucet


STEP 2: RELEASE

 Drain the tub


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Step 1: Reset Turn off the faucet



Step 2: Release Drain the tub



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Read Count to 10 Take a Time Out Listen to Music Breathing Prayer Serenity Prayer Guided Imagery Meditate Shower or Bath Aromatherapy + Self Talk	Walk Talk Write / Dump Sing / Dance Clean Exercise Coloring Punching Bag Hobbies Laughter Gardening Ho, Ho, Ha, Ha
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