**‘TOWARDS’**

Moving towards the outcome you want, acting effectively, behaving like the person you want to be

**‘AWAY’**

Moving away from the outcome you want, acting *in*effectivel*y,* behaving *un*like the person you want to be

 Choice point

**Values you want to live by and skills/strengths you can use**

**Difficult feelings and thoughts that show up in response to the challenge**

**Challenging Situation**

|  |
| --- |
| **At the choice point, Be Bold:****B**- Breath—Breath slowly, slow down**O**-Observe—Observe what you are Doing. Feeling. Thinking. Allow inner experience to flow throw you. **L**-Listen to values--Right now, what kind of person do you want to be?**D** –Decide on actions and do them. Choose actions that will reflect your values |