

ABC FRAMEWORK

A CCEPT

Name & claim the emotion. Say out loud what you are feeling.

B REATHE

Try a grounding technique to help you remain present in the emotion. You can try 5-4-3-2-1, square breathing, butterfly taps etc.

C URIOUS

Now you can problem solve. Think about what triggered the emotion, how you can shift, just get curious with NO JUDGEMENT.