

# REACT OR RESPOND?

<b>REACT</b> SELF-DESTRUCT	10	<b>DANGER ZONE</b>				
	9					
	8					
	7	<b>AT-RISK ZONE</b>				
	6					
	5					
	4	<b>SAFE ZONE</b>				
	3					
	2					
	1					
			<b>BEHAVIORS</b> What does this look like?	<b>EMOTIONS</b> What do you feel?	<b>THOUGHTS</b> What do you think?	<b>CARE / SAFETY</b> What can you do to take care of yourself?

Joanne B. Kim, Licensed Marriage & Family Therapist, LMFT 110804. [www.OliveMeCounseling.com](http://www.OliveMeCounseling.com). Revised Nov 2021.