

REACT OR RESPOND?

| | | | | | | |
|---|----|---|---|--|---|---|
| <p style="color: red; text-align: center;">REACT</p> <p style="color: red; text-align: center;">SELF-DESTRUCT</p> <p style="color: green; text-align: center;">RESPOND</p> <p style="color: green; text-align: center;">SELF-CARE</p> | 10 | <p style="text-align: center;">DANGER ZONE</p> | | | | |
| | 9 | | | | | |
| | 8 | | | | | |
| | 7 | <p style="text-align: center;">AT-RISK ZONE</p> | | | | |
| | 6 | | | | | |
| | 5 | | | | | |
| | 4 | <p style="text-align: center;">SAFE ZONE</p> | | | | |
| | 3 | | | | | |
| | 2 | | | | | |
| | 1 | | | | | |
| | | | <p>BEHAVIORS</p> <p><i>What does this look like?</i></p> | <p>EMOTIONS</p> <p><i>What do you feel?</i></p> | <p>THOUGHTS</p> <p><i>What do you think?</i></p> | <p>CARE / SAFETY</p> <p><i>What can you do to take care of yourself?</i></p> |

Joanne B. Kim, Licensed Marriage & Family Therapist, LMFT 110804. www.OliveMeCounseling.com. Revised Nov 2021.