

3-step practice for coping with overwhelm:

Notice, regulate & respond with intention

(Integrated with DBT chain analysis, CBT thought/evidence journal, other tips & tricks)

1. Notice trigger/overwhelm ([chain analysis](#))

Notice:

- a. [Thoughts](#)
- b. [Emotions](#)
- c. [Sensations](#)
- d. [Urge/impulse](#)
- e. Note: If applicable, apply [CBT 4-step practice](#) re feared outcome: Is it possible? Probable? Might I be overestimating impact? Underestimating my capacity?

2. Regulate with outbreath and [ground](#):

- a. Breathe all the way out with pursed lips, like breathing out steam or smoke; feel your abdomen clench with all your breath out.
- b. Follow with a deep belly breath, all the way in and down, inflating your belly like a balloon.
- c. Follow with one more long outbreath, all the way out with pursed lips, like breathing out steam or smoke.
- d. Follow with another deep belly breath, all the way in and down, inflating your belly like a balloon.

3. Respond/act with intention/from [values-based action](#)

- a. Reflect: How did I react before? How might I respond with intention/[values-based action](#) next time? Where along the [chain](#) can I intervene from [wise mind](#)?
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*Between a stimulus and our reaction there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.*

—Viktor Frankl