

## **A CALMER ME - READING CHECKLIST**

### **TITLE**

### **READ**

HOW OFTEN HAS YOUR EMOTIONAL HISTORY GOT THE BETTER OF YOU?

PRACTICE MAKES YOU POWERFUL

LIVE MINUTE-BY-MINUTE WITH THIS PROCESS

SUPPORT FOR YOUR JOURNEY

A.C.A.L.M.E.R.M.E. BUILDS DISTRESS TOLERANCE SKILLS

A PERSONAL NOTE

A FINAL WORD BEFORE WE BEGIN

A IS FOR AWARENESS

A PRACTICE IN AWARENESS

THE AWARENESS STEPS

GROUNDING IN THE PRESENT

AWARENESS MEDITATION

MEDITATION

AWARENESS IN THE REAL WORLD

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

STAYING AWARE IN UNEXPECTED MOMENTS

## AWARENESS CHECKLIST FOR MANAGING ANYONE AND ANYTHING

YOU'RE READY!

C IS FOR CONSCIOUS CONVERSATION

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

CONSCIOUS CONVERSATION IN ACTION

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

A IS FOR ACCEPTANCE

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

L IS FOR LOGICAL PERSPECTIVE

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

M IS FOR MEANING

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

E IS FOR EXIT

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

A QUICK NOTE ABOUT LOSING FACE AND THE LAST WORD

IT REALLY DOESN'T MATTER ANYMORE

R IS FOR RESET AND REWARD

WHY REWARDING YOURSELF MATTERS

YOUR BRAIN ON RESET AND REWARD

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

M IS FOR MINUTE-BY-MINUTE

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

E IS FOR EMPOWERED

CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS

EMPATHY FOR OURSELVES

A LITTLE NOTE ON OUR NERVOUS SYSTEM

A.C.A.L.M.E.R.M.E RECAP

I KNOW WHY THE CAGED BIRD SINGS

MEDITATION

THREE LITTLE WORDS

THE FIRST LITTLE WORD: BREATHE

HOW TO BREATHE: 555

PRACTICE MAKES GOOD ENOUGH

THE ONE WITH ROSS'S TAN

THE SECOND LITTLE WORD: TRUTH

BREATHE 555 AND PRACTICE YOUR TRUTH

THE THIRD LITTLE WORD: REASSURE

A NOTE ABOUT MY TEENAGE SELF

YOUR NEW KNOWLEDGE...AND SETBACKS

ALSO

I CHOOSE CONSCIOUS POWER OVER UNCONSCIOUS PAIN

AND THERE YOU HAVE IT!

EMOTIONAL CLOSING

JOURNAL PAGES

AWARENESS

CONSCIOUS CONVERSATION

ACCEPTANCE

LOGICAL PERSPECTIVE

MEANING

EXIT

RESET AND REWARD

MINUTE-BY-MINUTE

EMPOWERED