

NAME: _____ DATE: _____ TIME of BEHAVIORS: _____ - _____

Problem: Who? Where? When? What happened **BEFORE my UNEXPECTED choice?**

THIS MADE ME FEEL:

BLUE ZONE:

- bored
- sad
- tired
- sick
- other: _____

YELLOW ZONE:

- frustrated/mad
- annoyed
- hyper
- anxious/nervous
- other: _____

GREEN ZONE:

- happy
- good listener
- focused
- working respectfully
- other: _____

RED ZONE:

- furious
- aggressive
- out of control
- mean
- other: _____

MY UNEXPECTED CHOICES:

MADE OTHERS FEEL:

THE RESULT:

NOW, I FEEL:

HOW CAN I GET BACK TO GREEN?

WHAT WOULD HAVE HAPPENED IF I MADE EXPECTED CHOICES?

EXPECTED CHOICES:

MADE OTHERS FEEL:

THE RESULT:

NOW, I FEEL: