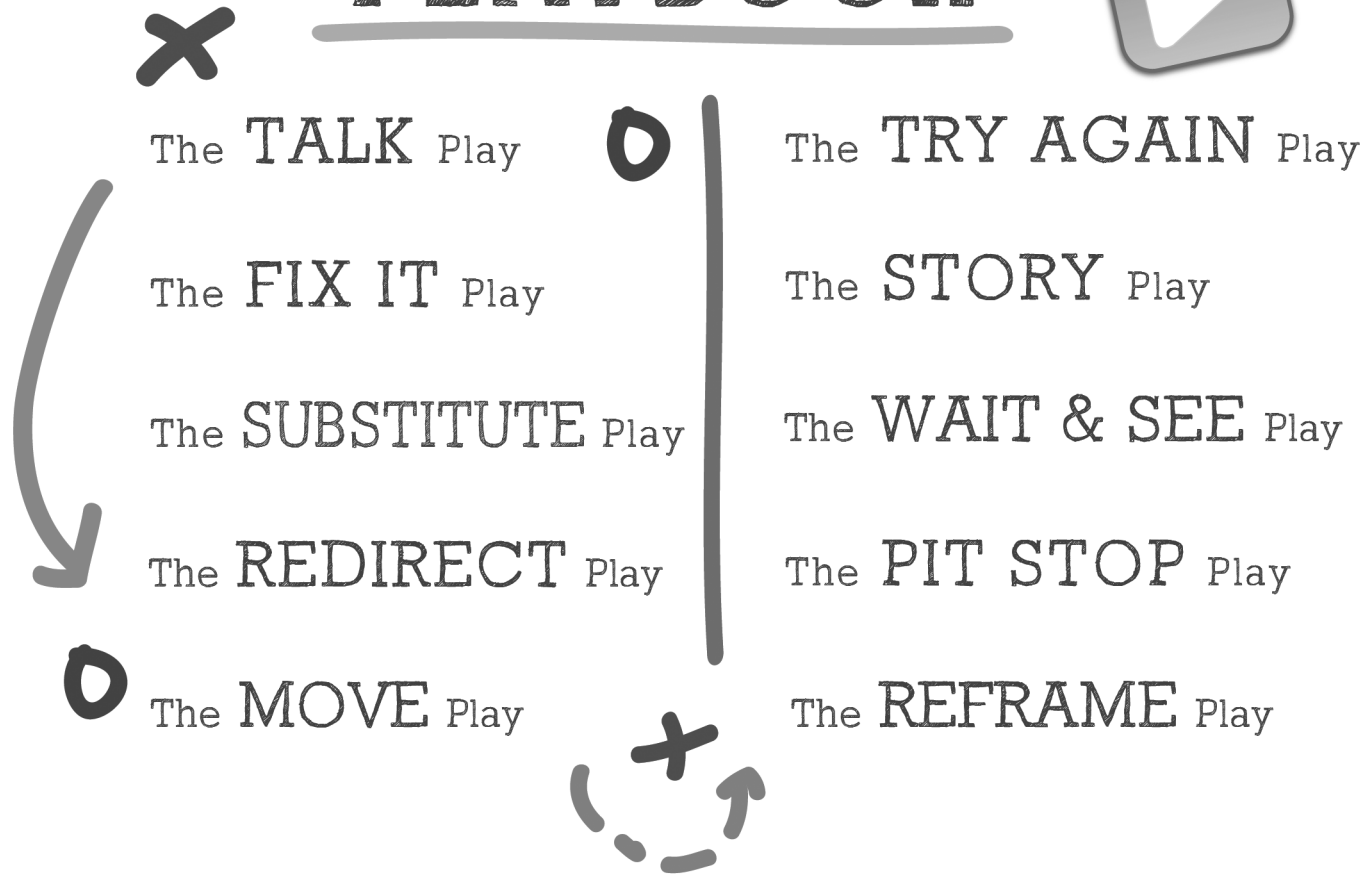


# The EMOTIONAL PLAYBOOK™



# The TALK Play

Use this play when you choose to tell someone what you need or how you feel.

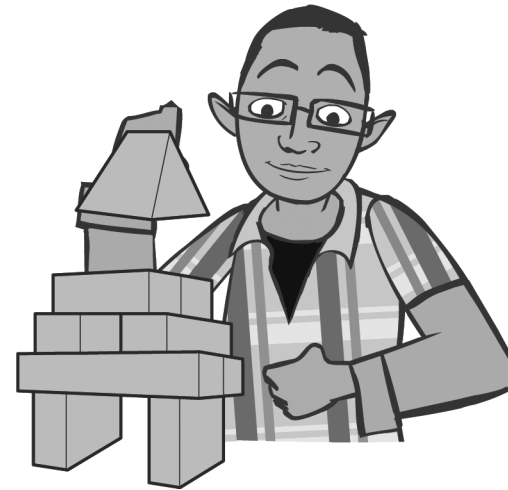


"I didn't  
like that!  
Don't do  
that again."



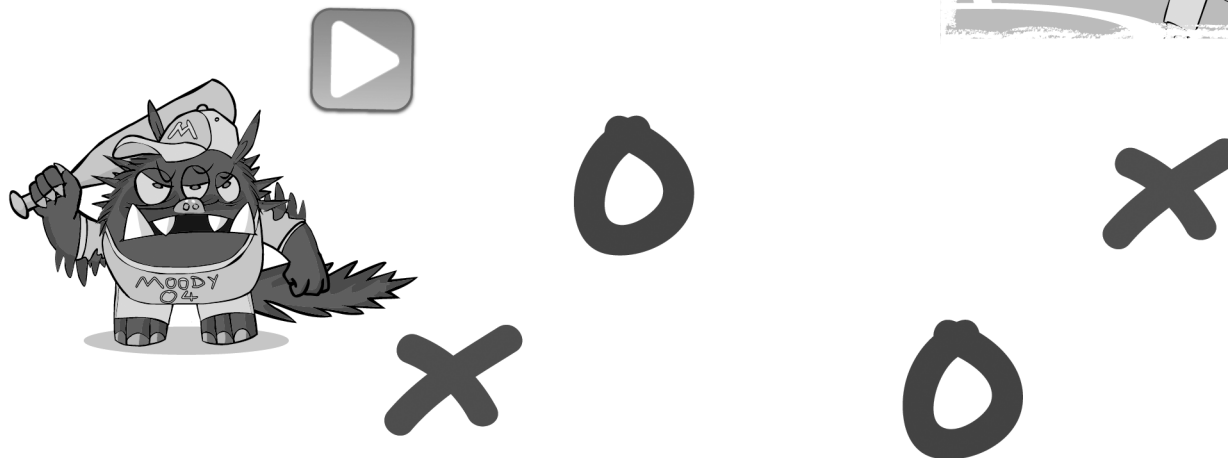
# The **FIX IT** Play

Use this play when you choose to  
fix your problem yourself.



# The **SUBSTITUTE** Play

Use this play when you choose to switch out your original plan for a new one.



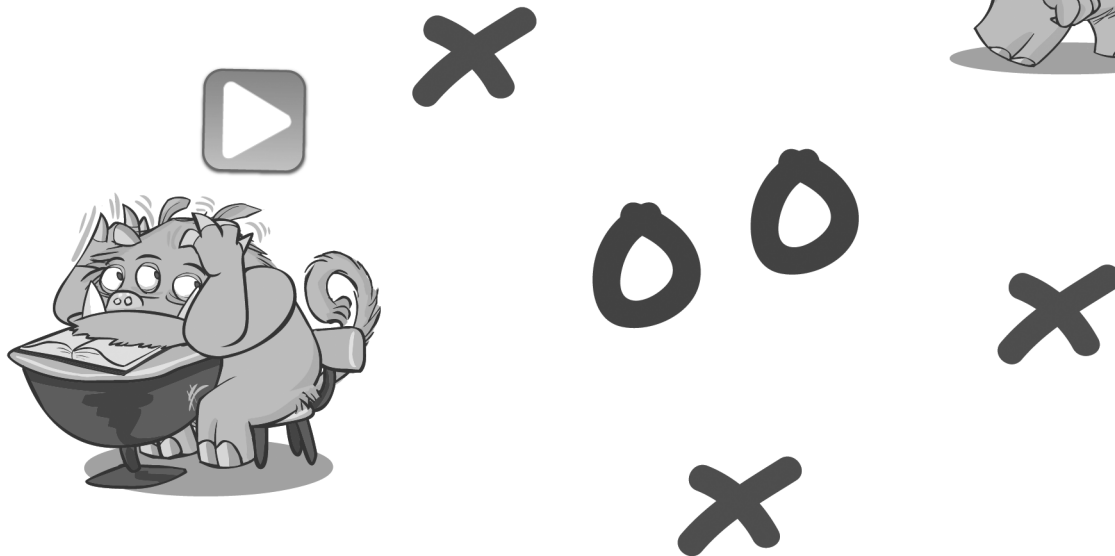
# The REDIRECT Play

Use this play when you choose to redirect your attention to something that calms you.



# The MOVE Play

Use this play when you choose to move your body to change your mood.



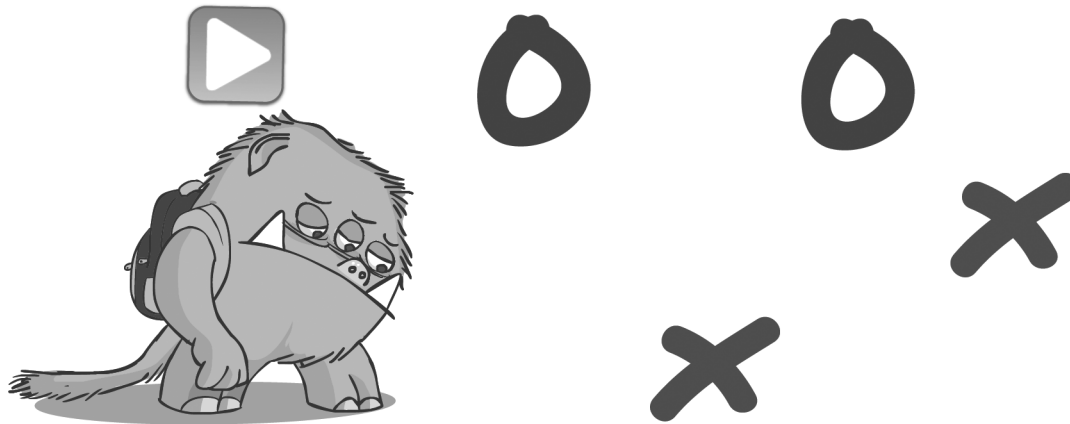
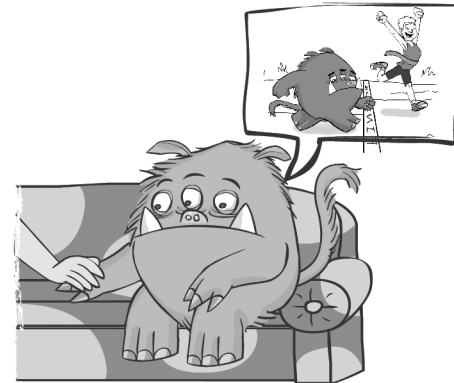
# The TRY AGAIN Play

Use this play when you choose  
to try again.



# The STORY Play

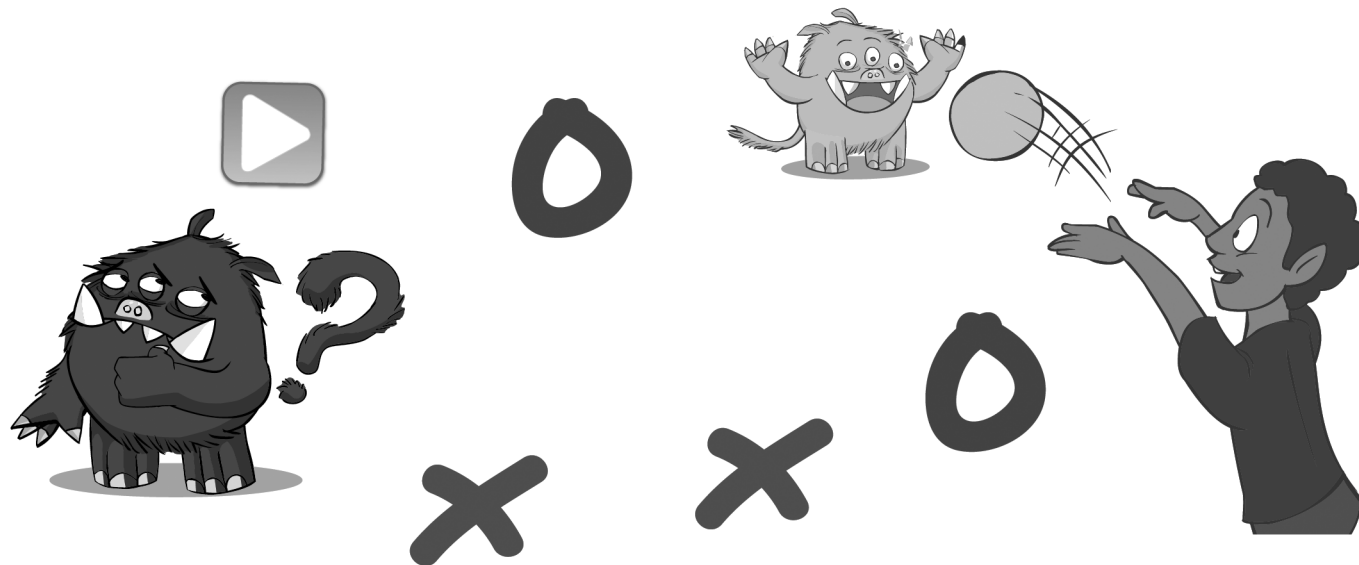
Use this play when you choose to tell someone the story of what happened.





# The WAIT & SEE Play

Use this play when you choose to wait and get more information before you do something.



# The PIT STOP Play

Use this play when you choose to stop  
and figure out what your body needs  
like food, water or sleep.



# The REFRAME Play

Use this play when you choose  
to look at a situation in a new way.

