

How to Get Unstuck

Calm Down

- Breathe in. Breathe out. [10 times]
- Go to the calm space.
- Tense and release.
- Exercise – pushups, jog in place, dance...

Reframe My Thoughts

- **[All or nothing]** I'll never be able to do this... I can't do this yet. I can try. I'm lucky to have help if I want it.
- **[Overgeneralization]** I'm bad at math... I'm struggling with this piece. I need to ask for help.
- **[Filtering Out the Good]** It was a terrible day... Remember 2 wins and one grow. I can't do this... What part can I do? What part went right?
- **[Mind Reading]** I know they all hate me... I need to talk to them.
- **[Labeling]** She's a whiner... She's having a bad moment. He's the smart one so everything is easy for him... This looks easy for him, maybe he has a trick I can learn. I'm dumb... I'm having some struggles with this.
- **[Personalization]** You are making me mad... I feel mad when you___. The teacher hates me... I'm struggling to connect with the teacher.
- **[Rigid Rules/Perfectionism]** I have to get an A... I'm trying to do my best so I will get the best grade I can.

What CAN I do to move forward?

- Calm.
- Reframe my thoughts.
- Ask for help.
- Make a list.
- Put on blinders.
- Take the next small step.