

REACT OR RESPOND?

REACT SELF-DESTRUCT	10	DANGER ZONE					
	9						
	8						
	RESPOND SELF-CARE	7	AT-RISK ZONE				
		6					
		5					
	4	SAFE ZONE					
	3						
	2						
	1						
			BEHAVIORS What does this look like?	EMOTIONS What do you feel?	THOUGHTS What do you think?	CARE / SAFETY What can you do to take care of yourself?	