

REACT OR RESPOND?

<p style="color: red; text-align: center;">REACT</p> <p style="color: red; text-align: center;">SELF-DESTRUCT</p> <p style="color: green; text-align: center;">RESPOND</p> <p style="color: green; text-align: center;">SELF-CARE</p>	10	<p style="text-align: center;">DANGER ZONE</p>				
	9					
	8					
	7	<p style="text-align: center;">AT-RISK ZONE</p>				
	6					
	5					
	4	<p style="text-align: center;">SAFE ZONE</p>				
	3					
	2					
	1					
			BEHAVIORS <i>What does this look like?</i>	EMOTIONS <i>What do you feel?</i>	THOUGHTS <i>What do you think?</i>	CARE / SAFETY <i>What can you do to take care of yourself?</i>