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| STOP  GO  PLAN | **1) THINK**   * How big is the problem? * Match the size of my reaction to the size of the problem. |
| **2)** **MAKE A PLAN**   * To solve the problem * To control my thoughts and calm my body   **Remember:** I can’t always change the problem, but I can change my thoughts and feelings |
| **3)** **DO MY PLAN** |