



Suggestions

List 5 safe and constructive activities that you can do when you are feeling flooded that will help bring you back to calm... be SPECIFIC!

- #1 Listen to Classical Music and breath deeply for 15 minutes
- #2 Meditate on all of the reasons that my partner is good
- #2 Write a list of things that I am thankful for
- #4 Jog down to the park and back while praying
- #5 Look for the ways that this conversation can be helpful

Write yourself a letter about why this matters to you and why you should listen to your own advice when you are feeling flooded

Yo, I know that I am SUPER upset right now...being upset is ok,
but being a jerk or treating my partner poorly is NOT!!!
I need to stop myself from flipping my lid, it will ONLY make
things worse and make our problems harder to solve!!
I know that walking and singing calms me down, I know that I
will get past this, I know that my partner loves me, I know that
this is temporary, I know that we WILL find a good, loving and
mutual SOLUTION that we both agree on, I know it will take
time and patience, I have both of those things. This is just a
misunderstanding, we will be ok, I will be ok.

