



STOP

I'm feeling emotionally flooded, I need a time out

Can we discuss this when I'm calm



STOP

I need a time out, I'm getting too angry to deal with this

Can we discuss this when I'm calm



CAUTION

I'm feeling OK but may escalate fast, will need to proceed with caution to keep from being flooded



CAUTION

I will discuss the issue but may need a short time out to reflect on this and get back to you



GO

I am OK to proceed with whatever we need to discuss



GO

I am calm enough to proceed with the issue you want to discuss

Please cut out each of the flash cards and put them in a place where you can easily locate them. They are a temporary emergency fix to dealing with conflicts as they arise.