# Be Your Own Boss

<table>
<thead>
<tr>
<th>STOP</th>
<th>FEEL</th>
<th>BREATHE</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Octagon" /></td>
<td><img src="image" alt="Heart" /></td>
<td><img src="image" alt="Wind" /></td>
</tr>
</tbody>
</table>

- Do not respond immediately.
- In your own mind, identify your feeling.
- Take a few deep breaths.

<table>
<thead>
<tr>
<th>THINK THREE</th>
<th>RESPOND</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Thought Bubbles" /></td>
<td><img src="image" alt="Speech Bubble" /></td>
</tr>
</tbody>
</table>

- Do not react until you think of three ways to respond.
- Choose one and use “I” statements.

## Be Your Own Boss Scenarios
- You are in Target and see a shirt you want to buy, but you are saving up to buy a skateboard.
- You are in an argument with your sister, and she hits you.
- You find yourself continuously eating while binge watching a show.
- The person sitting next to you in class keeps tapping their pen on the table.
- An acquaintance wrote something untrue about you on social media.
- You called and texted a friend with an urgent question, but they have not gotten back to you yet.
- You lose something your mom loaned you, and she yells at you when you tell her.
- Create your own scenario.