

A+ WORKSHEET

AWARENESS OF INTERNAL STATE

What physiological symptoms do you experience when your nervous system temperature rises?

What behaviors do you observe in yourself, your family members, your pets?

ACQUIRE INFORMATION

What could be the cause of a rise in nervous system temperature?

What lies beneath the surface of the behaviors you are observing?

ASSESS YOUR OPTIONS

Which strategies discussed in the book could be helpful to you in lowering your nervous system temperature?

ACT NOW

Choose an option and begin using it now. Try it out for several weeks or a month.

APPRAISE RESULTS AND ADJUST IF NECESSARY

How well did the selected option work for you?

Were you able to recognize changes in your internal state and hit the reset button more often?

Would you choose a different strategy next time? Why or why not?
