

2- Step Self-Coaching Exercise

Name:

Date:

STEP 1: Reset and Regulate Your Body

Choose one or more of these ways to ground yourself and reset your nervous system.

BREATHE

Spend three to five minutes doing resonant (or coherent) breathing by inhaling for a count of five and exhaling for a count of five.

MOVE

Take a quick walk, outside if you can, or do a full-body shake (literally shaking your arms/hands, legs/feet and torso) to release tension.

TAP

Engage in an EFT Tapping Session. Use an app (get information at [The Tapping Solution](#)) or research tapping tools online and on YouTube.

STEP 2: Self-Reflect

Answer these three questions.

1. What assumptions might I be making and what evidence do I have around the facts?
2. What role have I played in the situation, and how will I take responsibility for it?
3. How might the other person's perspective differ from mine, and what would it look like to approach this discussion with positive intent?