

Stop and S.I.F.T. Before there's conflict



What **S**ensations do I have physically right now?

Ex. Heart racing, heavy breathing, clenched fists, tight shoulders, sweaty palms, turning stomach, etc.



What **I**mages do I see in my mind right now?

Ex. Somebody's face or expression, a color, an object, something happening to the person with you, etc.



What **F**eelings do I have right now?

Ex. Sad, lonely, misunderstood, afraid, disrespected, anxious, furious, excited, jealous, rejected, etc.



What **T**houghts am I thinking right now?

Ex. "He wants to control me," "She thinks I'm dumb," "They don't trust me," etc.

"S.I.F.T." borrowed from *Brainstorm* by Dan Siegel, M.D

