

# Drama Dial-Down; A Quick Path for Teens to Mindfulness

This page is for you and only you when you are feeling any tough feeling. Writing and reflecting can help you become more mindful about what's going on and how you can get calm to bring your best self to figuring it out. There's no problem you can't solve. But you need to identify what you're feeling, why you're feeling it, and then get calm and focused in order to help yourself.

1. Right now, I am feeling...

Sad	Disappointed	Frustrated	Disgusted	Indignant
Angry	Depressed	Rejected	Exhausted	Worried
Anxious	Critical	Outraged	Resentful	Hurt
Agitated	Insecure	Afraid	Shaky	Terrified
Miserable	Heartbroken	Vulnerable	Powerless	Low

\*All feelings are reasonable interpretations based on all or any of my past experiences. But they are only one interpretation.\*

2. Why are you feeling the way you are? Be sure you are clear about the role you play in your feelings (you can only control yourself and your own actions not others).

3. Take ten deep breaths. Visualize that your feet are sinking into the ground giving you solid, steady roots so that you feel very stable and safe.

4. What's another way to look at what happened to make you feel that way? Can you find empathy for the others involved? Were they in pain? What are their challenges?

5. How can you make a next best choice? How can you make things better? Do you need to heal a relationship? Set a positive goal ensuring that no harm will come to anyone because of your decision including yourself.