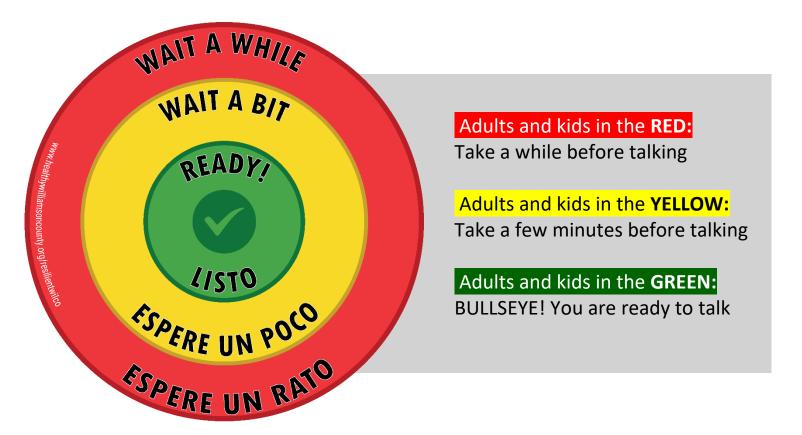


Ready, Aim and Master the Challenge!

How to stay safe and connected in your relationships



<u>TIP 1:</u> If you are in the <u>RED</u> allow yourself time to calm down before trying to solve problems or talk about behavior issues.

<u>TIP 2:</u> If you are in the <u>YELLOW</u> you may need to calm up or calm down. Take some time to meet your own needs before addressing the needs of others.

TIP 3: When you are both in the **GREEN**, learning and listening can take place.