

Look How Far You've Come!!!

We have learned and practiced the following skills during your Self Management treatment programming.

- **Where does rage come from?**
 - those blasted leaky brakes!!!
- **Rage Model – Frustration Beaker:**
 - we have more frustrations to tolerate than others do!!!
- **Things that fill your beaker:**
 - stuff like surprises, being tired, or when too much is going on!
- **How to tell that your beaker is filling: (Early Warning System)**
 - things our bodies do, things we feel, or things we think
- **Beaker Lowering Techniques and Relaxation Activities:**
 - things you really like to do, like physical activities or quiet times by yourself, or using a relaxation CD, APP or many other things!!!
- **Collaborative and Proactive Solutions:**
 - how we as a family can put more stuff into “Basket B”
 - the right way to do a, “Basket B”!!!

