



# Session 4: Skill of Composure, Power of Perception

E-Course/Mini-Poster



**No one can make you angry without your permission. Reclaim your power by actively calming yourself in times of distress. Effective discipline requires us to model the behavior we want our children to possess.**

## Active Calming

We achieve composure through active calming when we're upset. Active calming has three basic steps:

1. Take three S.T.A.R. or other deep belly breaths.
2. Reassure yourself, "I am safe, keep breathing, I can handle this."
3. Wish Well. Wishing well is seeing the preciousness of the other person. This changes the way you view the interaction and helps you see from their perspective.



My personal commitment:

I am going to \_\_\_\_\_