

Activity Sheet - 4A: REFLECT AND RESET

Name _____ Date _____

**Reflect and reset how you manage stress and express yourself.
Set a goal for behavior change! Finish the sentences about how you
respond now, how you can improve, and how you can reach your goal.**

HOW I RESPOND NOW:

I respond to stress by _____

I express my feelings (especially anger) by _____

Once, I overreacted or acted out and _____

HOW I CAN IMPROVE:

I want to learn how to _____

One behavior I want to change is _____

My goal is to _____

HOW I CAN REACH MY GOAL:

The Heroes Circle can help me _____

I will work hard to _____



My support system includes:



and everyone in the Heroes Circle.