**ENHANCEMENT OF WELL-BEING**

Every time more positive of the new conflict situations

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### EMOTIONAL REGULATION PROCESS

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<td>TRAFFIC LIGHT</td>
<td>REGULATION STRATEGIES</td>
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**1st Step: Notice your feelings**

- **STOP**
- **Deep Breath**
- **Think**

**2nd Step: Traffic Light**

- **Red Light**: Cell phone
- **Green Light**: Talk to a friend, write them down...
- **Yellow Light**: Ask for help.

**3rd Step: Regulation Strategies**

2. Express the Emotions: Talk to a friend, write them down...
3. Ask for Help.
4. Change your thoughts.
5. Find a Solution.

**4th Step: Assertive Response**

- **N** (Name)
- **E** (Emotion)
- **M** (Motive)
- **O** (Objective)

Lee, I feel very sad because you have not invited me to your birthday. I would like to know why and resolve the misunderstanding.

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**APPRAISAL**

- Every time more positive of the new conflict situations

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**EMOTIONAL REGULATION PROCESS**

- **1st Step**: Notice your feelings
- **2nd Step**: Traffic Light
- **3rd Step**: Regulation Strategies
- **4th Step**: Assertive Response