

ESP Tool

Practice using the ESP Tool to manage your emotional triggers.

E – Emotion. Take note of what emotions you'll feeling in a situation where your emotional triggers are being pushed. Being aware and mindful of your thoughts and feelings is an important first step.

S – Switch. You want to switch your thinking, actions, and behaviors from child mode to adult mode.

P – Presence. Use emotional intelligence and be mindful of what's happening around you. Envision yourself in a calm place and you work through the situation.