**M5: A2 Positive Messages**

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|  | Identify 2-3 positive role models that you have observed. These role models should be people who have demonstrated they can handle stressful situations/trauma in a positive way. These are individuals you look up to and would like to behave like in a crisis situation.  (If you can’t think of a real role model, imagine a person you would like to have as one.)In your eJournal:* Think about how one of these role models would respond to a situation in which he/she was triggered.
* Write a positive message or phrase your role model might say to you. Pick a phrase that you can repeat to yourself when you are triggered that will give you a chance to pause, breathe, and refocus.
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