

Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Me	Other Person
 Recognize & label	How did I feel?	How did feel?
 Understand	What caused my feelings?	What caused 's feelings?
 Express & regulate	How did I express and regulate my feelings?	How did express and regulate his/her feelings?
 Reflect & plan	What could I have done to handle the situation better? What can I do now?	

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