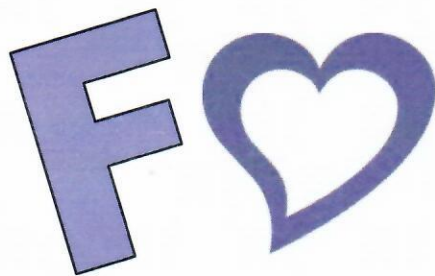


FLIP IT with YOURSELF



When we are faced with stress and difficult feelings, FLIP IT can help us cope by guiding us through a process of validating our feelings, establishing healthy boundaries, and moving through the problem-solving process with self-compassion.



Step 1. FEELINGS:

Gently take notice of your feelings and what they are here to teach you. Kindly label and validate the root feeling that may be underneath the behavior.

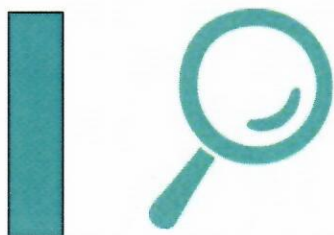
1. _____ (kind name)
You are feeling
_____ &/or _____
because
_____.



Step 2 – LIMITS:

Remind yourself of your own loving limits and expectations for the situation. You deserve to surround yourself with healthy, safe, loving, and consistent boundaries.

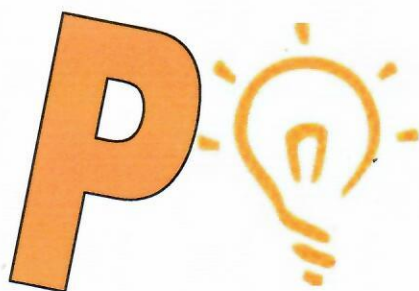
2.
YOU
will
are
believe



Step 3. INQUIRIES:

Encourage yourself to think about solutions to your challenge. Ask yourself open-ended questions that will inspire multiple possibilities and healthy problem-solving.

3.
How can you
_____? (situation)
or
What do you
_____? (feeling)



Step 4. PROMPTS:

Provide yourself with an opportunity to think creatively about the challenge you are facing. Ask for input from others and offer yourself alternative ways to cope or find resolution.

4.
Your options
include

(sizzle)