

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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