WORKSHEET **SORT Pocket Card**

Print, then cut along the dashed line and fold in half.

FRONT PANEL: SORT

S Stop. My pause move: _____

O Observe. I feel: _____

My story says: _____

R Reality-check. Whose is this? ☐ Mine ☐ Theirs ☐ Shared

T Talk or let go. ☐ Clarify ☐ Respond ☐ Let it go

fold

BACK PANEL: WHEN IT STINGS

My steadying phrase: "That might not be about me."

One other explanation could be: _____

My go-to clarifying question: _____

Remember: The sting is real. The story is optional.

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