WORKSHEET **My SORT Reminders**

Fill these in once, then reread them whenever a new situation comes up.

My first body signal that I've been stung: _____

The pause I'll use at work: _____

The pause I'll use at home: _____

The story my mind tells most often: _____

The question that helps me check it: _____

The person whose comments sting most, and my plan for them: _____

- ☐ I've used SORT on purpose at least once this week.
- ☐ I've repaired one moment that was partly mine.
- ☐ I've let go of one comment on purpose and marked it as finished.

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