

Steps to P.E.A.C.E.: How to Remain Calm Under Pressure

P = Identify the PROBLEM

E = EXAMINE yourself

A = Get some ADVICE

C = CONSIDER the result you want

E = EXHIBIT the skills of a self-controlled person

P = Identify PROBLEM

E = EXAMINE yourself

A = seek ADVICE

C = CONSIDER outcome

E = EXHIBIT self-control

Problem: What recent problem/event made me want to lose my cool?

Examine: Why did I feel this way? What did it feel like in my body? What things affected how I reacted?

Advice: Did I get advice from someone? What did he, she, or they say?

Consider: What positive outcome did I want?

Exhibit: What did it (or would it) look like for me to be a self-controlled person?
