

| How to use this: (1) Look over this compilation of behaviors from 900-plus people who provide and receive services. (2) Check the “Yes” box when you see this happening, or on reviewing it with someone else. (3) For those where there are multiple items (calls, texts, emails, circle all that are evident. (4) Practice using the memory of the “Yesses” to self-soothe and reduce distress. | |
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| Talks about friends, pets, family, others in positive way | |
| Calls, texts, emails others, uses social networks (Internet, Facebook, Twitter, MySpace, etc) | |
| Displays, keeps, shares photos of others, favorite places, pets in wallet or cell phone | |
| Makes eye contact even occasionally (when culturally appropriate) | |
| Sends cards, letters, gifts, flowers, presents, messages | |
| Positive gestures such as hugs, waving, smiling, reaching out, nodding in agreement | |
| Listens actively (nodding, allows others to finish, reflects back without distortion, asks questions) | |
| Smiles, laughs, laughs at self and appropriate situations (humor) | |
| Cooks and eats with others, entertaining, dining out, shares food | |
| Assists others when others are in need | |
| Has and uses tools, kitchen utensils, furniture and others items from family/friends that have passed | |
| Makes deliberate efforts to develop and sustain friendships, networks (contacting, visiting, etc) | |
| Engages with their spirituality / religious tradition | |
| Belongs to social networks, groups, clubs, social gatherings | |
| Remembers what matters to others, asks about their interests | |
| Keeps items that have positive meaning in their life (sentiment, memories, reminders) | |
| Mirrors body language, leans towards others, mirrors facial expressions | |
| Plans or participates in celebrations | |
| Describes events they enjoy or have enjoyed | |
| Seeks out specific events, places, people, and returns to them again | |
| Calls someone they care about deeply at least from time to time, or regularly | |
| Talks about future plans that involve others | |
| Respectful of others | |
| Takes vacations by self or with others | |
| Anticipates visits with or from others with pleasure | |
| Does volunteer work in special interest groups | |
| Belongs to sports team, musical group, other special interest group | |
| Listens to music or CD that was a gift from someone else or that reminds of someone | |
| Reaches out to touch others on greeting, when they are in pain, and other appropriate times | |
| Seeks and fosters "truces," reconciliation, and agreement, neutral problem solving | |
| Use of "my" in connection with people, pets, faith, etc | |
| Makes phone calls to others | |
| Makes and keeps scrap books or other commemoratives | |
| Apologizes, willing to forgive or work towards forgiveness | |
| Wears symbols of religion, beliefs, or faith | |

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| Follows through on agreements | |
| Attentive to personal space (self and others') | |
| Stops work/activity to say hello/check-in with colleague/friend | |
| Receives and values gifts such as jewelry, clothing, books or other items | |
| Defends others in an appropriate way | |
| Shares ritual with others (celebrations, traditions, gifts, decorations etc.) | |
| Shares feelings and ideas | |
| Asks about someone's family | |
| Talks about activities shared with others or talks about thinking about those activities | |
| Talks about lessons (positive and negative) learned from others | |
| Is able to recognize their own biases and suspend them (judgments) | |
| Offers and willing to receive support from peers and others | |
| Has a preference for a specific recipe or something because of its' connection to a person | |
| Can talk about what and how others have helped them, things others have shared | |
| Does acts of kindness for others, volunteers | |
| Tattoos of pets, people they hold dear | |
| Playing others' favorite songs and talking about the connection | |
| Breathes--remembers to and practices regular breathing | |
| Uses phrases that lets you know they look forward to something like being greeted by their pet | |
| Using "we" language | |
| Returns what is borrowed, cleans up after themselves | |
| Gives and receives praise and compliments | |
| Able to allow and sit in silence when with someone else, especially if the other person is upset | |
| Interested in their heritage, genealogy | |
| Attentive to personal hygiene as bridge to others | |
| Engages in storytime, dancing together, singing together | |
| Is named after someone or takes a nickname from someone they love | |
| Is proud of their racial or ethnic heritage in a way that does not put others down | |
| Has treasured belongings, heirlooms, cremated ashes, other items | |

Sample review statements:

"I felt _____, and I thought about _____ and as I focused on that, I began to feel _____."

"When I felt _____, I remembered _____, and I began to feel _____."

Sample ways to increase usage:

- (1) Pick a couple of items to use deliberately.
- (2) Practice using them even when feelings are OK to practice switching behaviors. This makes it easier to do when distressed.
- (3) Give a blank to a friend or someone you trust. Ask them to fill it out about you and give it back to you. When they do, say thank you, and then review it—remember, it's just an observation instead of a judgment!