Before I React

> *"The greatest remedy for anger is delay: beg anger to grant you this at the first, not in order that it may pardon the offence, but that it may form a right judgment about it."*
>
> Seneca, On Anger 2.29 (tr. Stewart)

Fill this in before you reply, call back or reach for a drink. Write the facts separately from the story. Then look at what is actually in your control, and what you would think about it tomorrow.

What happened - just the facts

The story I am telling myself about it

In my control

Not in my control

How will this look in an hour? Tomorrow?

What would the calmest version of me do?

What I will do now

- [ ] I am not going to drink over this
- [ ] I have waited at least twenty minutes
- [ ] I have spoken to someone, or will

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