

SHIFT AND STAY Pt. 1

Sometimes I feel mad, upset or other feelings that I do not like.



When I feel this way, I can use a skill called shift and stay.



Shift and stay has two parts. The first part is to **shift** my thoughts.



I can shift my thoughts to something neutral or pleasant.



The second part of shift and stay is to **stay** with the new thought.



I can stay with a new thought by paying attention to details of the new thought.



SHIFT AND STAY Pt. 2

When I pay attention to details of my new thought, it helps keep unpleasant thoughts out of my mind.



When I use shift and stay, it can help me to stay in my Resilient or "OK" Zone.



When I am in my Resilient or "OK" Zone I can work on my goals.

