

## Resilient Zone Partner Brainstorm Notecatcher

---

This morning, PJ's day got off to a smooth start. Delicious, nourishing breakfast. Feeling great about how they look. Homework done and backpack ready to go. People around PJ are expressing warmth and care, happy to be starting the day together.

**Trigger or stressful event:**

PJ arrives at school and two good friends walk right past, without speaking or looking at PJ

**Bumped to High Zone**

PJ feels embarrassed or left out, and a surge of anger rises up inside. PJ starts to yell at them.

**Bumped to Low Zone**

PJ's spirits sink and some negative self-talk starts. ("They only like being with each other. They don't really like me...")

**Stays in Resilient Zone**

PJ feels calm and glad to see them, and thinks, "They didn't see me! I'll catch up with them..."

### Partner Brainstorm Example

**Trigger or stressful event:**

What happened:

**Bumped to High Zone**

How PJ felt and reacted:

Possible Help Now!, resourcing, or grounding strategy to use:

**Bumped to Low Zone**

How PJ felt and reacted:

**Stays in Resilient Zone**

How PJ felt and reacted: