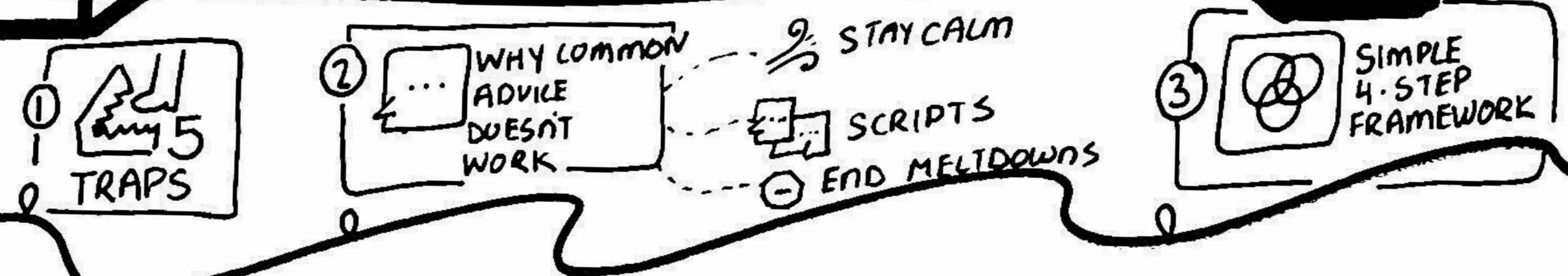


# MELTDOWN MASTERY

PROBLEM SOLVING PARTNER

- DANGEROUS
- NEVER-ENDING
- LITTLE FIRES
- YOUR OWN
- PROFESSIONAL

YOU ARE HERE



**1 CALM & CONSISTENT**  
 DOESN'T WORK...  
 Fight  
 Flight  
 Freeze

**2 CONNECTION = COMPLIANCE**  
 DOESN'T WORK...  
 CONNECT = SAFETY

**3 POWER & ATTENTION**  
 DOESN'T WORK...  
 MISSES NEEDS  
 POWER STRUGGLE  
 LENS LEADS TO RESET

**4 CONSEQUENCES TO LEARN**  
 DOESN'T WORK...  
 "H" O  
 TEACH SKILLS OUT OF THE MOMENT

**5 TRIAL & ERROR**  
 OVERWHELM + CONFUSION

STOP  
 BREATHE  
 ANCHOR

MOMENTS OF SAFETY

BEHAVIOR FUNNEL  
 BASIC NEEDS  
 CONNECTION  
 SENSORY SKILLS  
 DESIRE  
 AVOID

1. 1. 1.  
 SAY  
 DO  
 PROVIDE

SIMPLE FRAMEWORK

STAY CALM SWAP

CONNECTED SCRIPT

GET CURIOUS

SAY-DO-PROVIDE

YOU

∞ Connect

UNDERSTAND

EMPOWER

