



Conversations & Activities for Groups & Leaders: 7e

_____ Situation _____ Initials _____ Date

Conversations about Exercising Tactical Composure

Principles of Encouragement:

- Encourage people to exercise (practice) their chosen tactics
- Engage in the program yourself, even if you've developed good composure skills.
- Share with others, how your TC exercises plan is going (whatever that might be).
- Ask people how they are going, yet respect privacy and don't push.
- Let others mention where they are at with tension zones or STLs levels if they want to), rather than ask directly with an expectation they will share their present state feelings.

Questions related the Tactical Composure (TC) Program:

- How are things going with the TC program?
- Have you decided to exercise any tactics, with or without a buddy?
- Is there anything I can do from a broader perspective (or something specific) to help you your program or your efforts to strengthen tactical composure?
- Do you have a favourite Tactics or identified something that works for daily composure?
- How would I know if you needed a break to regroup or to Take-5? Is there a code that you'd prefer, such as let's pause and come back to this later, or I need to take 5 and have a think?

Talk about:

- What's working?
- How the practice exercises are going?
- What's helping or hindering the exercise plan?
- What are you learning and what effects are you noticing?

Everyday opportunities to practice Tactical Composure

- Practice paying attention on purpose, without reacting or making judgements
- Just observing how your body feels across the day
- Observe how you breathe
- Listening intently
- Discreetly and selectively relaxing muscles and deep breathing in group settings

Group Activities

Any group member or leader could raise the topic of using the Tactical Composure (TC) concepts to help generate clear thinking around a particular issue.

If nothing is obvious, it could be useful to ask the question:

"Is there an issue or situation where it would be helpful to run a group discussion and apply relevant TC concepts?".

Then as a sub-point say "we can use the Tactic Groups as a prompt here, such as, *in this situation....*

1. what do we need to be **recognising** or acknowledging here?
2. is this situation causing tension, and how are we **regulating** that presently?
3. how can we **refocus** on what's important and a priority in this case?
4. do we need to be **reframing** how we think about it, or frame it in a particular way?
5. would it be helpful for us to compose and **rehearse** a tactical/constructive approach or response to this situation?
6. what if anything do we need to **reconnect** to here (values, objectives, support systems)?