

TACTICAL COMPOSURE is the action of deliberately applying composure and preparation tactics in order to manage potentially stressful or demanding situations, that are likely recur. This involves recognising recurring things that bother us, reframing our thoughts around them and responding with a chosen approach that's likely to serve us and the situation well.

1. RECOGNISING	2. REFRAMING	Reframing Tips
<p>When ‘X’ happens..... Record specifically what ‘X’ is – usually a typical behaviour, situation or interaction that triggers tension or bothers you in some way.</p> <p>I typically react by.... Record what you tend to think, do, say, feel or notice in your body when ‘X’ happens</p> <p>And the effects or consequence of this are that..</p>	<p>I typically think these types of AUTOMATIC THOUGHTS in this situation Write your automatic thoughts, using the actual words and sentences you notice in your mind.</p> <p>However, I can choose to REFRAME TO DELIBERATE HELPFUL THOUGHTS such as Write your ‘reframed’ thoughts, using the actual words and sentences you would rather think, to better serve you, others and your goals in the situation.</p>	<p>A core technique here is to identify and replace RED thoughts (tension producing thoughts) with GREEN thoughts (tension relieving thoughts). If we catch our thinking (in words) we can determine if we’re making any unhelpful assumptions or thinking-patterns.</p> <p><u>Ask ourselves:</u></p> <ul style="list-style-type: none"> • <i>what am I telling myself about this?</i> • <i>is the thinking fair and reasonable?</i> • <i>am I overthinking or ruminating on it?</i> • <i>is it a helpful thought?</i> • <i>is what I’m thinking 100% true or should I check my data and assumptions?</i> • <i>what would I tell a friend in this situation?</i> • <i>is there a more constructive way of thinking about this?</i> • <i>am I jumping to conclusion?</i> • <i>am I over-focused on what others might think?</i> • <i>am I thinking the worst?</i> • <i>am I taking it too personally, when it’s not about me?</i> • <i>am I unfairly labelling myself or others here?</i> • <i>is this a time to be self-compassionate?</i> • <i>overall, is this way of thinking contributing to my tension or worry, or helping to contain it?</i>

TACTICAL COMPOSURE can be made easier when we are able to regulate our tensions levels downward toward the 'green zone' and aim for a state of calm awareness. A range of tactics for composure can be exercised over time, becoming habits and build wellbeing and the ability to stick with situations, pay attention and not react too intensely.

3. REGULATING (tension and composure)	4. REHEARSING (a composed response)	5. RESULTS
<p>I can help myself regulate tension levels by one or more of the following – often in discreet ways.</p> <p><i>Recognising</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Catching early signs of tension or triggers <input type="checkbox"/> Just acknowledging thoughts and feelings <input type="checkbox"/> Becoming aware of oneself in the moment (out of autopilot) <p><i>Regulating Down</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Breathing Deeper Slower <input type="checkbox"/> Body Scan to Relax <input type="checkbox"/> Grounding Mindfulness <input type="checkbox"/> Visualisation of the Beach or something nice <input type="checkbox"/> Progressive Muscle Relaxation <input type="checkbox"/> Talking with someone <input type="checkbox"/> Exercise or physical activity <input type="checkbox"/> Relaxation, meditation, yoga, etc <input type="checkbox"/> Calming thoughts and actions (eg, a quick break, using a motto or affirmations) <p><i>Refocusing</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> On the task at hand <input type="checkbox"/> On the next priority action <input type="checkbox"/> On the next safe and wise move <input type="checkbox"/> By going a little slower and steadier <input type="checkbox"/> By just persisting and keeping on going <p><i>Reconnecting</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> To the good things and people in my life I’m grateful for <input type="checkbox"/> To accomplishments and past successes <input type="checkbox"/> To personal values, skills and meaning <input type="checkbox"/> Through prayer or meditation 	<p>Use the Self-Instructional Method (S.I.M.) to program your chosen, composed approach. So, when ‘X’ happens next time I will (think, do, say etc)....</p> <p>GUIDE: Next time it happens, what wise action would serve me and others well in this situation?</p> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> <input type="checkbox"/> Just listen and/or defuse <input type="checkbox"/> Continue carefully <input type="checkbox"/> Clarify the issue or need <input type="checkbox"/> Accept and cope for now <ul style="list-style-type: none"> <input type="checkbox"/> Give feedback or ask for change <input type="checkbox"/> Just observe without fixing it <input type="checkbox"/> Tactical withdrawal <input type="checkbox"/> Ask for help or advice </div>	<p>NOW: What immediate results do I have now by just using this worksheet in order to be planned and tactical? Feel more prepared or ready than before?</p> <p>AFTER: What results did you get by using your tactical composure plan when situation “X” happened again? And what would you do differently next time?</p>