

ECHO – Every Choice Has Opportunity

Thought Distortions

When thoughts are overwhelming or if you're stuck in a "thinking trap": **4-C's**

Catch it	What thought is going through my mind?
Check it	Am I sure that this is real, true, or right? What proof do I have?
Change it	Is there another way I could look at this situation? What else could be happening? What would I tell a friend?
Choose it	Choose a more balanced, helpful perspective

Thoughts aren't facts, so sometimes we need to flex our thinking, or choose to look at things differently. Practice makes it easier!

Watch for: Always/Never, Mind Reading, Catastrophizing, Should Statements

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Conflict Resolution

PEACE Method

Conflict Resolution Quick Reference

P - PAUSE & BREATHE

Take deep breaths • Notice physical reactions • "What am I feeling?"

E - EXPRESS & EMPATHIZE

Use "I" statements • Listen actively • Show empathy through mirroring

A - ACKNOWLEDGE IMPACT

Validate feelings • Focus on understanding • Multiple truths exist

C – CREATE HEALING

Focus on issue, not person • Brainstorm win-win options together

E - ENGAGE IN ACTION

Choose solution together • Make commitments • Set timeline