

FYP ~ E + R = O *



Whether you are standing face to face with an angry grizzly bear or have just been called out by a loved one for certain behavior that is his or her pet peeve, *always* remember that the **O** (outcome) of most any **E** (event) is determined by your **R** (response). So, first; 1) **stop** 2) **be still** 3) **access the situation** 4) **review each of your options** 5) **then and only then respond**. If you follow these simple guidelines, you can drastically change the outcome of the unpleasant events that you face from time to time.