

- C. Thinking and Feeling
 - 1. The Brain

- D. Behavior & The Conflict Cycle

IV. Breaking the Conflict Cycle

- A. Be a Thermostat

- B. Stay in Control

- C. Button Pushing

- D. Mirroring student's feelings & behavior

- E. Conflict Cycle Activity

V. Breaking the Conflict Cycle, part 2: Listening Skills & Drain Off

A. Attending Skills

B. Reassuring Skills

C. Affirming Skills

D. Validating Skills

E. Decoding Skills

VI. Breaking the Conflict Cycle, part 3: The Timeline

A. WHAT HAPPENED?

1. Where? When? Target? Duration? Frequency? Intensity? Contagion?

B. WHAT THOUGHTS WENT THROUGH YOUR MIND?

1. What were you saying to yourself?

C. HOW DID YOU FEEL?

1. How strong were your feelings on a scale of 1 - 10?

D. WHAT DID YOU DO?

1. How did you show your feelings?

E. HOW DID OTHERS REACT?

1. Did the end result of this situation make things better or worse for you?

VII. Integrating LSCI with Existing Programs and Interventions

VIII. Wrap Up & Closing