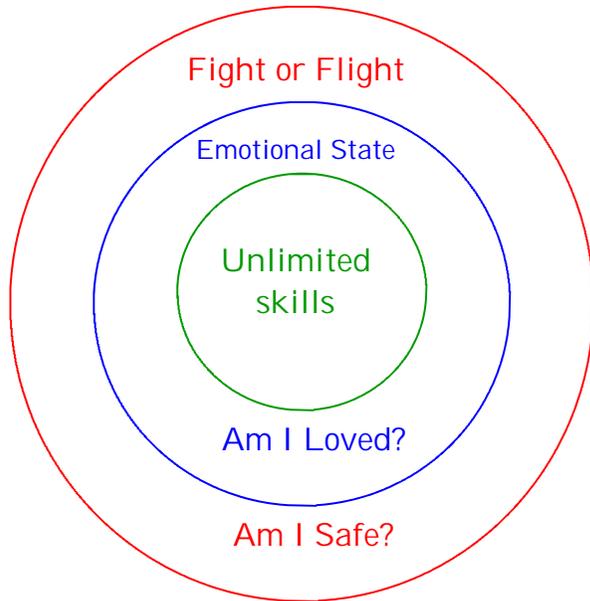


## Examples

**Frontal Lobe Executive** states gives us access to unlimited skills and problem solving and requires us to be calm and composed.

The Emotional State (crying, but able to speak, questioning, whining) can be changed to the higher **executive state** by giving two positive choices.



The Brain Stem ~ Survival State gives us access to very limited survival skills such as fight or flight. If you find yourself sliding down into this state, use breathing and affirmations to regain composure—"I am safe, I can handle this." To Support someone in this state you will need to remain calm and composed yourself to stay in the **Executive State**. Use Noticing to help child be conscious of his own actions and the actions/emotions of those around him. Ex.-"I saw you swept the sand around the sand table that is helpful and safe."

## Conscious Discipline® Skill #1 Composure support can be found:

Dr. Bailey #1 webinar

Managing Emotional Mayhem

Creating the School Family pg 15-58,  
165

Shubert's a STAR

7 skills book pg 23-54

Conscious Discipline® Live DVD set

Poster of Composure

Skills on a String

[www.consciousdiscipline.com](http://www.consciousdiscipline.com)

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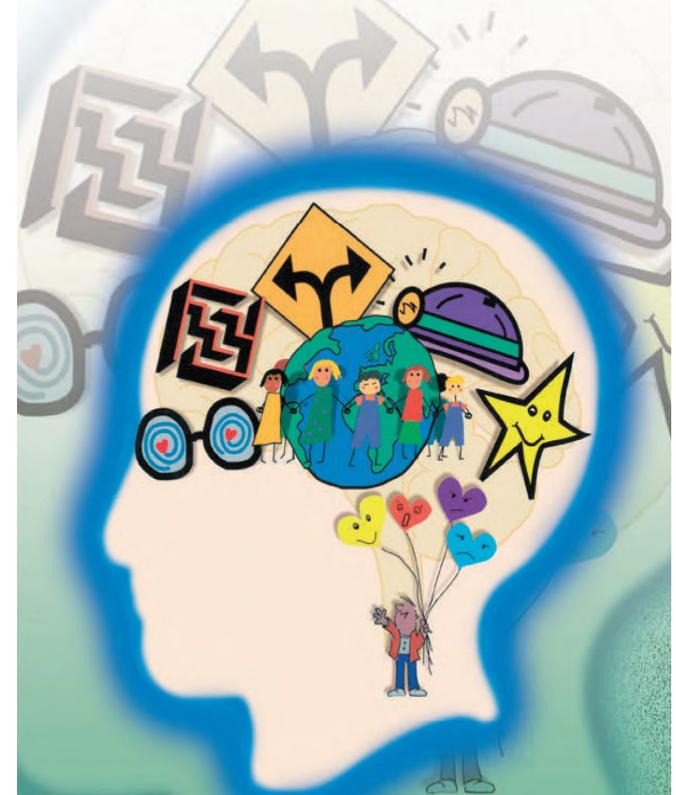
[www.StrengthBasedDiscipline.com](http://www.StrengthBasedDiscipline.com)

Concept from the  
Conscious Discipline®  
program & I Love You  
Rituals by Dr. Becky  
Bailey  
1-800-842-2846



## Skill #1 Composure

 **Conscious  
Discipline®**  
Life-Changing Social Emotional Education



*Building Character  
Through Conflict*

[www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com)

# How does it work?

Conscious Discipline® offers comprehensive reform by teaching:

1. **The 7 Powers for Self-Control** – Empowering adults to see conflict as a learning opportunity instead of a disruption.
2. **The 7 Basic Skills of Discipline** – Enabling adults to take back their power with specific strategies that transform misbehavior into social-emotional life skills.
3. **The School Family™** – Adults and children create an emotionally intelligent classroom through routines, rituals and classroom structures.
4. **A Seamless Curriculum** – Combines classroom management with existing academics, adding life-lessons to everyday instruction while increasing achievement.

## The 7 Basic Skills of Conscious Discipline®

- COMPOSURE**  
*Becoming the person you want your children to be*
- ENCOURAGEMENT**  
*Building a school family*
- ASSERTIVENESS**  
*Saying "No" and being heard*
- CHOICES**  
*Building self-esteem and willpower*
- POSITIVE INTENT**  
*Turning conflict into cooperation*
- EMPATHY**  
*Handling the fussing and the fits*
- CONSEQUENCES**  
*Helping children learn from their mistakes*

### Skill #1 Composure

Composure is the pre-requisite skill to all the other skills. Composure is self control in action. Composure is being the person you want others to become and knowing that no one can make you angry without your permission.

The Key Phrase for Composure is the acronym **STAR** representing **Stop (Smile) Take A deep breath and Relax.**

Begin Conscious Discipline® with focusing on self control. Reflect on the Power of Perception. This is the power you draw upon to strengthen your composure.

Breathe in and say to yourself, "No one can make me angry," then exhale and say to yourself, "without my permission." Do this one more time.

The way we choose to perceive a situation dictates our level of upset or composure. The Power of Perception reminds us composure is a choice we can make, regardless of how crazy the outside world appears to be.

Self control is mind control. It is being aware of your own thoughts and feelings. By having awareness, you become the director of your behavior.

Without self control you may turn your life over to people, events and things.

### Commitments

#1 I acknowledge that when I feel upset it is because the world is not going my way. I am willing to begin owning my upset. I no longer want to give my power away to others and then blame them for taking it. I want more control in my life.

Signature \_\_\_\_\_ date\_\_\_\_\_

Anger Management is within you.

#2 I understand people or situations do not make me angry, but can trigger my anger. These trigger buttons stem from my own sense of inadequacy and wounds from the past. By choosing to breathe deeply and calm myself, I am able to heal old wounds and be proactive with children and adults. I am ready to own my personal upset.

Signature \_\_\_\_\_ date\_\_\_\_\_

#3 I understand that punishment, getting children to feel bad and blaming are not solutions but part of the problem. I am ready to let go of the need to punish, get revenge and blame others for how I choose to feel inside.

Signature \_\_\_\_\_ date\_\_\_\_\_