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
When 'X' happens Record specifically what 'X' is – usually a typical behaviour, situation or interaction that triggers tension or bothers you in some way.	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.	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.
I typically react by Record what you tend to think, do, say, feel or notice in your body when 'X' happens	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.	Ask ourselves: • what am I telling myself about this? • is the thinking fair and reasonable? • am I overthinking or ruminating on it? • is it a helpful thought? • is what I'm thinking 100% true or should I check my data and assumptions? • what would I tell a friend in this situation?
		 is there a more constructive way of thinking about this? am I jumping to conclusion? am I over-focused on what others might think? am I thinking the worst? am I taking it too personally, when it's not
And the effects or consequence of this are that		 about me? am I unfairly labelling myself or others here? is this a time to be self-compassionate? overall, is this way of thinking contributing to my tension or worry, or helping to contain it?

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
I can help myself regulate tension levels by one or more of the following – often in discreet ways.	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)	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?
Recognising ☐ Catching early signs of tension or triggers ☐ Just acknowledging thoughts and feelings ☐ becoming aware of oneself in the moment (out of autopilot)		
Regulating Down ☐ Breathing Deeper Slower ☐ Body Scan to Relax ☐ Grounding Mindfulness ☐ Visualisation of the Beach or something nice ☐ Progressive Muscle Relaxation ☐ Pummel, Energize or exercise (something physical) ☐ The Take 5 Grounding Exercise ☐ Calming thoughts and actions (eg, a quick break, using a motto or affirmations)		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?
Refocusing ☐ On the task at hand ☐ On the next priority action ☐ On the next safe and wise move ☐ By going a little slower and steadier ☐ By just persisting and keeping on going		
Reconnecting ☐ To the good things and people in my life I'm grateful for ☐ To accomplishments and past successes ☐ To personal values, skills and meaning ☐ Through prayer or meditation	GUIDE: Next time it happens, what wise action would serve me and others well in this situation? □ Just listen and/or defuse □ Give feedback or ask for change □ Continue carefully □ Just observe without fixing it □ Clarify the issue or need □ Tactical withdrawal □ Accept and cope for now □ Ask for help or advice	