

# Slogans of Violence Anonymous

It's not "WHAT we do" it's the "WAY we do it."

Life happens THROUGH us not TO us.

From "fight or flight" to "I'm alright."

Easy does it.

One day at a time.

H.A.L.T.T.S. – Watch yourself when you get too Hungry, Angry, Lonely, Tired, Triggered, or Sick.

Keep your cool.

Pick your moment. Say it once. Let it go.

Mean what you say. Say what you mean. Don't say it mean.

Does it need to be said? Does it need to be said by me? Does it need to be said by me now?

Hand on heart.

Hug yourself.

Make great memories.

Keep coming back. It works if you work it. So work it. You're worth it.

It's not for those who need it. It's not even for those who want it. It's for those who do it.

Don't leave before the miracle happens.

Stop, drop and trigger process.

Ask for help.

What am I feeling? What am I needing?

Slow it down. (SLOW. IT. DOWN. - Said slowly)

Anchor. Trigger. Craving. Compulsion. Consequences. (ATC<sup>3</sup>)

Am I in fight, flight, freeze; blame, shame, guilt; persecutor, rescuer, victim?

Am I triggered?

Trigger catalysts: fear, threat, past trauma, limiting beliefs, shame, or unmet needs.

Let the understanding, love and peace of the program grow in you one day at a time.