

How to use this: (1) Look over this compilation of behaviors from 900-plus people who provide and receive services. (2) Check the "Yes" box when you see this happening, or on reviewing it with someone else. (3) For those where there are multiple items (calls, texts, emails) circle all that are evident. (4) Practice using the memory of the "Yesses" to self-soothe and reduce distress.	
Talks about friends, pets, family, others in positive way	
Calls, texts, emails others, uses social networks (Internet, Facebook, Twitter, MySpace, etc)	
Displays, keeps, shares photos of others, favorite places, pets in wallet or cell phone	
Makes eye contact even occasionally (when culturally appropriate)	
Sends cards, letters, gifts, flowers, presents, messages	
Positive gestures such as hugs, waving, smiling, reaching out, nodding in agreement	
Listens actively (nodding, allows others to finish, reflects back without distortion, asks questions)	
Smiles, laughs, laughs at self and appropriate situations (humor)	
Cooks and eats with others, entertaining, dining out, shares food	
Assists others when others are in need	
Has and uses tools, kitchen utensils, furniture and others items from family/friends that have passed	
Makes deliberate efforts to develop and sustain friendships, networks (contacting, visiting, etc)	
Engages with their spirituality / religious tradition	
Belongs to social networks, groups, clubs, social gatherings	
Remembers what matters to others, asks about their interests	
Keeps items that have positive meaning in their life (sentiment, memories, reminders)	
Mirrors body language, leans towards others, mirrors facial expressions	
Plans or participates in celebrations	
Describes events they enjoy or have enjoyed	
Seeks out specific events, places, people, and returns to them again	
Calls someone they care about deeply at least from time to time, or regularly	
Talks about future plans that involve others	
Respectful of others	
Takes vacations by self or with others	
Anticipates visits with or from others with pleasure	
Does volunteer work in special interest groups	
Belongs to sports team, musical group, other special interest group	
Listens to music or CD that was a gift from someone else or that reminds of someone	
Reaches out to touch others on greeting, when they are in pain, and other appropriate times	
Seeks and fosters "truces," reconciliation, and agreement, neutral problem solving	
Use of "my" in connection with people, pets, faith, etc	
Makes phone calls to others	
Makes and keeps scrap books or other commemoratives	
Apologizes, willing to forgive or work towards forgiveness	
Wears symbols of religion, beliefs, or faith	

Follows through on agreements	
Attentive to personal space (self and others')	
Stops work/activity to say hello/check-in with colleague/friend	
Receives and values gifts such as jewelry, clothing, books or other items	
Defends others in an appropriate way	
Shares ritual with others (celebrations, traditions, gifts, decorations etc.)	
Shares feelings and ideas	
Asks about someone's family	
Talks about activities shared with others or talks about thinking about those activities	
Talks about lessons (positive and negative) learned from others	
Is able to recognize their own biases and suspend them (judgments)	
Offers and willing to receive support from peers and others	
Has a preference for a specific recipe or something because of its' connection to a person	
Can talk about what and how others have helped them, things others have shared	
Does acts of kindness for others, volunteers	
Tattoos of pets, people they hold dear	
Playing others' favorite songs and talking about the connection	
Breathes--remembers to and practices regular breathing	
Uses phrases that lets you know they look forward to something like being greeted by their pet	
Using "we" language	
Returns what is borrowed, cleans up after themselves	
Gives and receives praise and compliments	
Able to allow and sit in silence when with someone else, especially if the other person is upset	
Interested in their heritage, genealogy	
Attentive to personal hygiene as bridge to others	
Engages in storytime, dancing together, singing together	
Is named after someone or takes a nickname from someone they love	
Is proud of their racial or ethnic heritage in a way that does not put others down	
Has treasured belongings, heirlooms, cremated ashes, other items	

Sample review statements:

"I felt _____, and I thought about _____ and as I focused on that, I began to feel _____."

"When I felt _____, I remembered _____, and I began to feel _____."

Sample ways to increase usage:

- (1) Pick a couple of items to use deliberately.
- (2) Practice using them even when feelings are OK to practice switching behaviors. This makes it easier to do when distressed.
- (3) Give a blank to a friend or someone you trust. Ask them to fill it out about you and give it back to you. When they do, say thank you, and then review it—remember, it's just an observation instead of a judgment!