

**T&T Script:  
Now and Then**

I allow myself to see that  
any time before now is an **idea**  
the **choice** made THEN I accept as behavior or habit  
the **action** THEN - theirs or mine - is a teaching moment  
the **relationship** are the ways we relate to  
the **understanding** is an all encompassing perception of  
what I believed to be true  
the **skills** I have now  
are better coping skills than I had then  
Shifting these key elements  
Allows me to layer in more positive resources.  
This is how I move toward a new, better feeling story.

*Grab your wrist.*

*Take a deep breath in for a count of 4.*

*Exhale for a count of 4.*

*And Release your wrist.*