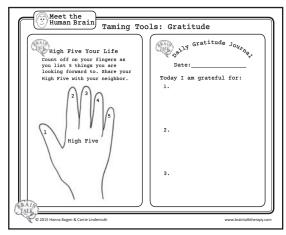


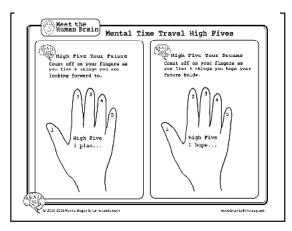


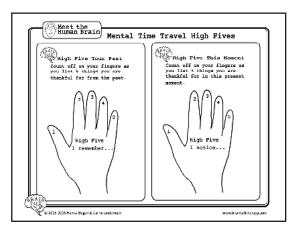
Notes for Using Mental Time Travel High Fives

In the Taming Tools Menu in Unit Five you were given the High Five Tool as a way to use gratitude to help train both Myg and Buster to be less reactive:

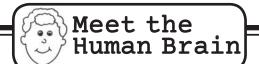


This tool is based on brain research which shows that thinking about pleasant things supports the creation of dopamine, a "happy" chemical your brain uses to self-regulate. Now, in Unit Seven, you can use these worksheets:





These worksheets incorporate the High Five Tool as a way to practice the language of Mental Time Travel: "I plan...I hope... I remember," and the language of present observation: "I notice."

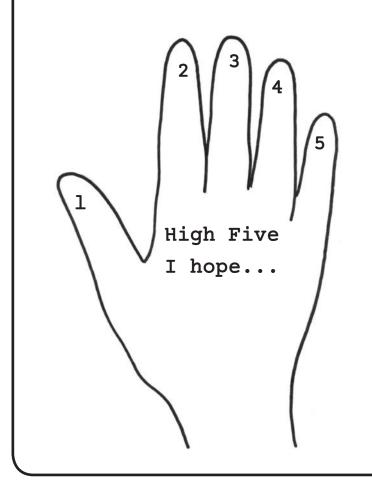


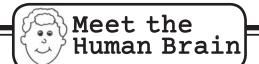
Mental Time Travel High Fives

High Five Your Future
Count off on your fingers as
you list 5 things you are
looking forward to.



High Five Your Dreams
Count off on your fingers as
you list 5 things you hope your
future holds.





Mental Time Travel High Fives

High Five Your Past
Count off on your fingers as
you list 5 things you are
thankful for from the past.



High Five This Moment Count off on your fingers as you list 5 things you are thankful for in this present moment.

