

# ADULT RESET

A short check-in before the next response

**This is not about being perfect**

The aim is to create enough pause to act safely and clearly. If you may hurt someone, cannot stay in control, or the situation is dangerous, use local emergency or urgent professional support.

- ☐ Am I safe enough to stay close?
- ☐ Do I need another adult, distance, water, food, medication, or a brief pause?
- ☐ What is one small next step that lowers risk?
- ☐ What can wait until everyone is calmer?

**My one small next step**

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