

# Avoiding Systemic Trauma Day to Day Application

**Learn to step back not forward**

**Use the VCR Approach to Diffuse Situations**

**V- Validate-** " Help me understand what happened or why you are upset" . It is important to me that we find a solution that will help you."

**C- Challenge-** " You usually don't act this way". " You have been behaving so well, I know you can get it together again".

**R- Request-** "I know you are really excited about this but I need you to give others a chance to share their excitement." " can you help me by...?"

Hardy & Laszloffy- Teens Who Hurt

