

# Reactions to Pictures of Physical Injuries to Children

Before completing this form Tune in to Self.

## Steps

- 1) Pause and reflect. Ask yourself, *“What are my emotional, physical and cognitive reactions to this situation or family?”*
- 2) Ask yourself, *“How will this reaction likely affect my actions?”*
- 3) Ask yourself, *“What do I need to do with my reaction?”*
- 4) Implement your answer to question 4 without any verbal discussion about your feelings or verbalize an “I-Feel” message as needed.

What is your immediate *emotional, physical and cognitive reactions to these child abuse slides?*

## Emotional Reaction

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## Physical Reaction

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## Cognitive Reaction

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How could these reactions affect your actions?

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