

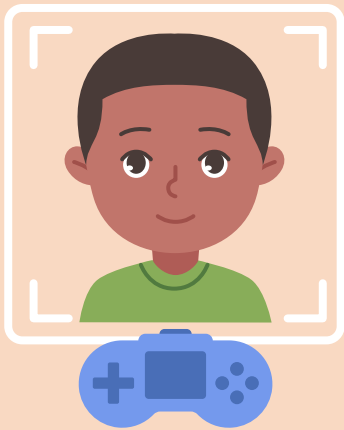
# On Purpose Plan



On purpose means someone wants an action to happen.  
By accident means they did not mean for it to happen.



Use your Self-Controller



Decide if you need help from others to get back in control.



Decide if you need a calming strategy to stay in control.



Think about the other person's perspective

