

**Presentation: “No! Don’t! Stop!” *So How Exactly is that Working for You? Points to Ponder When You Feel You’ve Tried Your Best and Quitting is Not an Option***

**PART II of VI ... October 19<sup>th</sup>, 2021, ~ January 25<sup>th</sup>, February 22<sup>nd</sup>, 2022 (5pm MST)**

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**Mimic:**

- Don’t look now. **YOUR** behavior is showing!
- words and actions should match
- you demonstrate ... they emulate

**Opposite:**

- de-escalation with dignity
- validate emotions
- slow down / prevent ~ distract / disengage

**Demonstrate:**

- replacement behaviors • you do them too!
- practice with everybody

**Expectations:**

- easy way now may make you pay later
- rituals and routines
- land on what you want

**Lifetime:**

- **think 22**
- layers of memory
- stress kills your neurons and telomeres

**NOTES:**