

TRAFFIC LIGHT METHOD

GOAL:

Awareness of emotion regulation.

USE:

In a relationship:

Stop and monitor how, in a given moment, you are relating to one another. E.g.: think about this three times per day and talk about it with each other.

Green: in your opinion things are going well between you (positive!)

Amber: there is some irritation/tension. Evaluate if talking about it can lead to an easing of the tension.

Red: the situation is so stressed that a conversation would not be helpful at this moment in time. Therefore you need to do something different instead, e.g. one of you takes a walk outside.

For individuals:

Stop and register the level of your tension/anger/irritation

Green: you are relaxed/happy/content

Amber: you notice tension/dissatisfaction. Consider what you can do to make yourself feel better.

Red: what will you do to calm down.

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