

## 4Ts

1. **T**ake a breath and smile.
2. **T**hank your mind for the reminder you care about something.
3. **T**hink about that value.
4. **T**ake action in that direction.

## References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy matrix model*. Frank J. Gallo.

Gallo, F. J. (2017). *Bouncing back from trauma: The essential step-by-step guide for police readiness*. CreateSpace Independent Publishing Platform.

## Disclaimer

The content in this handout is strictly educational in nature. We are NOT providing psychological services or medical advice or establishing a relationship of any kind, including doctor-patient or teacher-student. Please see our [Company Policies](#) for more information.