

RED2BLUE

WHAT IFS

List your What Ifs, and alongside them give a rating from 1 to 10, according to their level of risk and impact.

Think about a strategy you could use to stay in the Blue or get yourself back into the Blue when these things happen. Make sure you practise and test them under pressure to make sure they really do help you stay Blue.

What Ifs Things likely to happen that will cause you or others to go 'Red'	Rating	Strategies to move back or stay in the 'Blue' e.g. Physical rituals, key team words, breathing, looking up and around, specific process
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		