

38. The Steps to Fort Able

There's a place called Fort Able. Fort Able is a very strong and safe place. It is a place in each brain where a person finds calm and control. It's easiest for a person to do their best there.

My name is _____. Fort Able is a place in my brain. It is where I am smart and make friendly choices. If I feel uncomfortable, out of Fort Able, I will try to find it again. The first step is to say to myself, _____, Come to Fort Able! Or, _____, ComFortAble for short. If I can't find the first step, I will try to get help from My Team.

The second step is to try to think of one of the rooms inside. Sometimes, just thinking about that room, I may begin to feel a little better. I may be able to think smarter than a few moments before. If I can't seem to find the second step, I will try to get help from My Team.

The third step is to go inside. Once inside and comfortable again, I am able to do my best thinking. I may be able to solve the problem on my own. Or, My Team may be able to help me work things out, too.

There are three steps to getting inside:

1. Say—to myself, Come to Fort Able!
2. Think—of a room there.
3. Go—inside.

I have a place called Fort Able. I built it myself. It's a strong and safe place, with three steps to the door.