

37. Come 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 good control. It's easiest for a person to make smart and friendly choices there.

This is Luke. He looks comfortable, calm, and in good control. He's in Fort Able. When Luke is in Fort Able, he's able to make smart or friendly choices.

Sometimes Luke may feel uncomfortable. Sometimes he may feel very anxious, angry, sad, or confused. He's outside of Fort Able. That's an un-comfortable place to be! It's harder for Luke to think smart or be friendly. Where did Fort Able go?

Fort Able is always there. Luke has been in Fort Able many times before, and he will be there many more times to come. So, it must be there now, somewhere.

Whenever Luke feels uncomfortable, he takes the first step back to Fort Able. He says to himself, Come to Fort Able, Luke! Wherever Luke is, there's a way to Fort Able. Taking the first step is more proof that his Fort is nearby.

My name is _____. Fort Able is a place in my brain. It is where I make smart and friendly choices. If I feel I am out of Fort Able, I will try to find it again. There are three steps that open door. The first step is to say to myself, _____, Come to Fort Able! Or ComFortAble for short.