

**B** — **Be still.** Stop the behavior.

**R** — **Remove yourself** from the situation.

**E** — **Evaluate the problem** and how you will fix it.

**A** — **Apologize** to anyone who was negatively affected by your behavior.

**K** — **Keep working** on positive changes.

**P** — **Positive** Attitude

**L** — **Lots** of Cooperation

**A** — **Always** do your best.

**Y** — **Yeah**, for a job well done.