**FIRST Principles and treatment techniques**

**Feeling Calm**
- Breathing retraining
- Self-calming
- Progressive muscle relaxation
- Deep breathing
- Guided imagery

**Increasing motivation**
- Positive attending
- Differential attention
- Effective instructions and house rules
- Tangible reinforcement
- Time-out and response cost
- Self-reinforcement

**Repairing Thoughts**
- Identifying and changing unhelpful, distorted thoughts
- Cognitive disengagement
- Selective abstraction

**Solving Problems**
- Problem-solving skills training
- Family problem solving

**Trying the Opposite**
- Extinction
- Exposure
- Behavioral activation
- Self-control training
- Anger-control training
- Role-playing/modeling