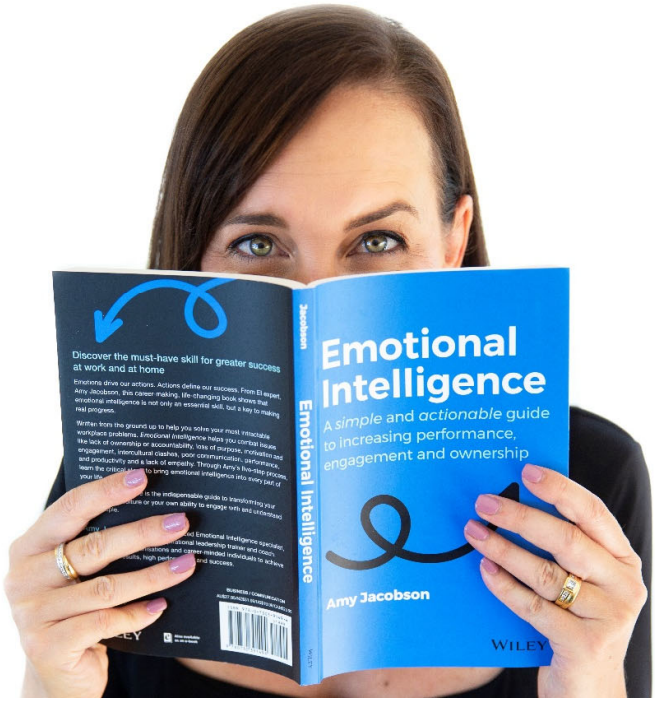
FACE IT WORKBOOK

No-one can make us angry, we choose how to feel and respond every time!



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Refresh

What are 3 things that I have done different/focused on/progressed in?

What is the area that still requires attention as an individual and what will I do?

Outcome of my alignment to the organisation purpose?

What behaviours or areas are my greatest focus for growth and what progress have I made?

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Emotional Triggers

Steps:

1. Identify as many triggers as possible to high intensity emotions over at least a 2-week period.
2. If you are not happy with the current response, decide how you will respond instead.
3. Become self-aware of your emotional response and the triggers when they occur.
4. Practise and review your ability to reframe your new response until it becomes rewired, and you are ready before the trigger even occurs.

Trigger	**Emotional Response**	**Am I happy with this response?**	**If no, how do I want to respond instead?**	**Triggers for new response?**
Eg. People telling me what to do or talking down to me.	*Anger.*	*No.*	*Calm and in control of my response.*	*Pausing, taking time to breath, removing myself from the situation and taking time to process.*

Something I can't do or haven't done, that I want to do?

_____

_____

1. Identify the Fear!

What fear is driving this? Where did it come from? What is the belief that is embedded? What value is keeping it in place?

_____

_____

_____

2. Worst Case Scenario

What is the outcome that I fear? What is the worst thing that can possibly happen? What would that lead to? Underlying core emotion?

_____

_____

_____

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3. When Else?

When else has this happened or have I feared this? What was driving it then? Did I overcome it? How did I overcome it?

4. My Need?

What would need to exist for this not to be a problem? What beliefs and emotions would I need? What training or skills would I need? What do I physically need to make it happen?

5. Let's Do It!

What is the easiest or quickest way to solve this? What is the hardest or longest way to solve this? How would I feel if I solve this? Do I want to feel like that? What is the first step making this happen? What could I do right now?

"Others are not a failed version of me"

How well do I manage my expectations on others?

What actions could I put in place to balance my expectations of others?

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Amy Jacobson

Modern People

Score yourself out of 10: ____

What would it take to increase my score? Actions?

_____

_____

_____

_____

_____

Key Session Takeaways to Share

_____

_____

_____

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_____

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SCAN ME

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