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Results

Describe the results, consequences, implications

S i t u a t i o n

Describe what happened

My Thoughts

What I was thinking...

My Behavior

What I did and said...

My Inner State

What I was feeling...

My Mindset

What Drama Triangle or Empowerment Dynamic mode...

B ) R E F L E C T I O N

A ) M E N T A L R E P L A Y

**Inner States**

Angry Anxious Appreciated Brave Burned Out Calm Confident Conflicted Confused

Defensive Disappointed Embarrassed Enthusiastic Excited Frustrated Grateful Happy

Hurt

In Flow Inspired Irritated Liberated Loving

Non-attached Open Optimistic Passionate

Pessimistic Proud Relaxed Sad Satisfied Stressed Supported

Unappreciated Vulnerable

**The Empowerment Dynamic**

CREATOR

#

**The Drama Triangle**

CHALLENGER

COACH

RESCUER PERSECUTOR

VICTIM

Action

My next step is... Next time I will...

Contemplation

OPTIONAL

C ) S E L F - A U T H O R I N G

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Key Insights

Describe triggers, habits, patterns

Vision

Describe your desired outcome