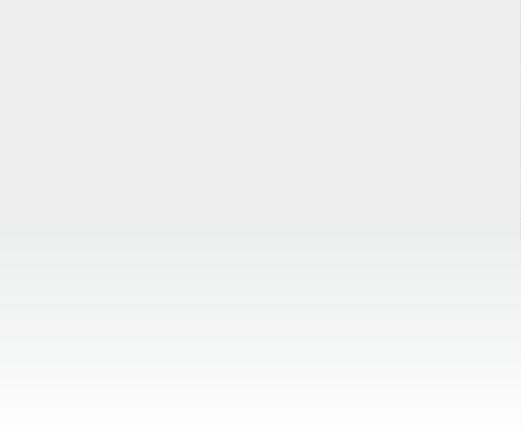
                     

DA TE



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

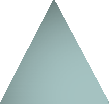
Pessimistic Proud Relaxed Sad Satisfied Stressed Supported

Unappreciated Vulnerable

**The Empowerment Dynamic**

CREATOR

# 

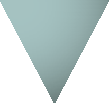


**The Drama Triangle**

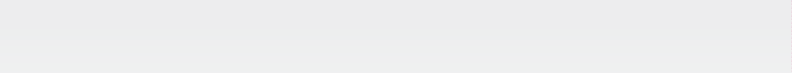
CHALLENGER

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

# 



Key Insights

Describe triggers, habits, patterns



Vision

Describe your desired outcome