S T A G E N

GAMEFILMING TOOLS PERFORMANCE JOURNALING

MENTAL REPLAY	B)	R E F L E C T I O N			DATE			
Situation Describe what happened		My Thoughts What I was thinking		My Behavior What I did and said	Angry Anxious Appreciated Brave Burned Out Calm Conflicted Confused	Inner 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
Results Describe the results, consequences, implications		My Inner State What I was feeling		My Mindset What Drama Triangle or Empowerment Dynamic mode	The RESCUER	e Drama Triangle	The Em	powerment Dynamic CREATOR R COA
Key Insights Describe triggers, habits, patterns		SELF-AU Vision Describe your desired outcome	DITHORI	Conte	emplation Action			

Key Insights Describe triggers, habits, patterns Possible triggers, habits, patterns Possible triggers, habits, patterns Possible triggers, habits, patterns Possible triggers, habits, patterns Contemplation Action My next step is... Next time I will...