STAGEN

GAMEFILMING TOOLS PERFORMANCE JOURNALING

A)	MENTAL REPLAY	В)	REFLECTION			DATE	DATE			
	Situation		My Thoughts		My Behavior		lnner	States		
Describe what happened		What I was thinking		What I did and said	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		
D	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 CHALLENGE	R COAU	

C)	SELF-AUTHORING				
Key Insights Describe triggers, habits, patterns	Vision Describe your desired outcome	OPTIONAL	Contemplation		
			Action My next step is Next time I will		
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