

A) MENTAL REPLAY

Situation

Describe what happened.

Jennifer back-seat drove again and told me to drive faster by switching lanes so that we could pass a truck.

Results

Describe the results, consequences, implications.

I lost my temper, started an argument, and ruined our Sunday afternoon.

B) REFLECTION

My Thoughts

What I was thinking . . .

We weren't in a hurry. What's the rush? Why are you back-seat driving again? I thought you weren't going to do this anymore!

My Inner State

What I was feeling . . .

Explosive, angry, triggered, resentful, frustrated

My Behavior

What I did and said . . .

I pulled the car to the side of the road, walked around to her door, and told her to drive.

My Mindset

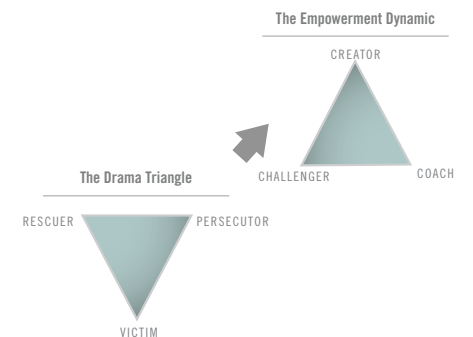
What Drama Triangle or Empowerment Dynamic mode . . .

I reacted from the mindset of the victim and quickly moved into persecuting mode.

DATE

Inner States

Angry	Defensive	In Flow	Pessimistic
Anxious	Disappointed	Inspired	Proud
Appreciated	Embarrassed	Irritated	Relaxed
Brave	Enthusiastic	Liberated	Sad
Burned Out	Excited	Loving	Satisfied
Calm	Frustrated	Non-attached	Stressed
Confident	Grateful	Open	Supported
Conflicted	Happy	Optimistic	Unappreciated
Confused	Hurt	Passionate	Vulnerable



C) SELF-AUTHORING

Key Insights

Describe triggers, habits, and patterns.

This is a pattern. Jennifer does not like being in the car and my slow driving irritates her. Every time she back-seat drives it triggers our honeymoon driving experience. I am better than this and do not have to react. I have choices.

Vision

Describe your desired outcome.

When Jennifer comments on my driving, I take a deep breath and simply respond to her request. I choose to prioritize her need for speed over my emotional outbursts.

OPTIONAL

Contemplation

Action

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

- Always ask Jennifer to drive.
- When I am driving, try to move through traffic as efficiently as possible.
- When Jennifer does back-seat drive, take a deep breath, thank her, and respond to her suggestion.

A) MENTAL REPLAY

Situation

Describe what happened.

During my meeting with Sarah, I got frustrated with her work, lost my temper, and took control of finishing the proposal myself.

Results

Describe the results, consequences, implications.

I upset Sarah and de-motivated other members of the department who were in our meeting.

B) REFLECTION

My Thoughts

What I was thinking . . .

Sarah should be way further along. She doesn't understand how to communicate the key points. She'll never get this done on her own.

My Inner State

What I was feeling . . .

Angry and disappointed

My Behavior

What I did and said . . .

I yelled at her, criticized her work, and took control of the next version of the proposal.

My Mindset

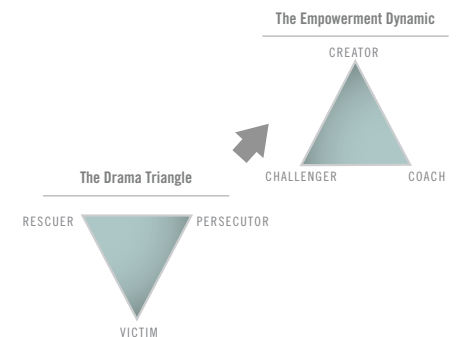
What Drama Triangle or Empowerment Dynamic mode . . .

First I persecuted her, then I felt like a victim, and then I rescued the situation by taking control.

DATE _____

Inner States

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C) SELF-AUTHORING

Key Insights

Describe triggers, habits, and patterns.

I got emotionally hijacked. I assumed Sarah understood the requirements and didn't need my input. I could have provided more direction earlier. She's young and needs to be coached through the proposal process.

Vision

Describe your desired outcome.

I set Sarah up for success by defining expectations early and being an effective coach and challenger.

OPTIONAL

Contemplation

Action

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

- Schedule weekly check-ins.
- Ask more questions to make sure she understands expectations.
- Be patient with her learning.