

## 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

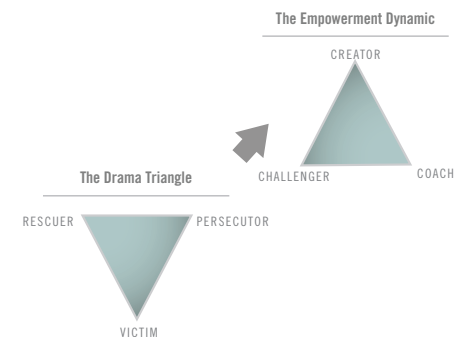
What Drama Triangle or Empowerment Dynamic mode . . .

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

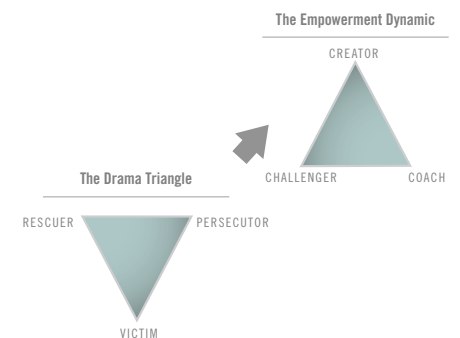
What Drama Triangle or Empowerment Dynamic mode . . .

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.