S T A G E N

A) MENTAL REPLAY

Situation
Described what happened

Results
Describe the results, consequences, implications

B) REFLECTION

DATE _____

My Thoughts
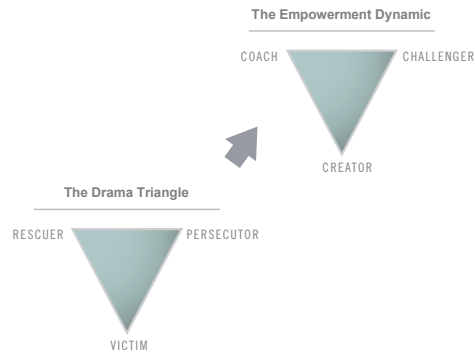What I was thinking...

My Behavior
What I did and said...

My Inner State
What I was feeling...

My Mindset
What Drama Triangle or Empowerment Dynamic mode...

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

The Empowerment Dynamic

COACH   CHALLENGER

CREATOR

The Drama Triangle

RESCUER   PERSECUTOR

VICTIM

C) SELF-AUTHORING

Key Insights
Describe triggers, habits, patterns

Desired Outcome
What do I really want?

OPTIONAL

Contemplation

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