



LOOKING BACK:

Control Toxic Emotions



What was the topic of the conversation?

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Were you able to recognize that your hot buttons were going to be pushed?

- Yes No

If no, what could you do differently in the future to recognize that what was happening was about to trigger an emotional response?

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Were you able to reframe the conversation so that you could maintain control of your emotions?

- Yes No

If yes, what did you do? If no, what could you do differently in the future to reframe the conversation and maintain control of your emotions?

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What strategies did you use to maintain control of your emotions? Is there anything else you would like to try in the future?

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What else could you try to do differently next time to maintain control of your emotions during difficult conversations?

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(1 of 2)



ROOT CAUSE

Use this form to discover why something causes you to have destructive emotions.

Briefly describe an experience that made you angry.

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Why did that make you angry?

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Why did that make you angry?

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Why did that make you angry?

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Why did that make you angry?

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Why did that make you angry?

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What is the root cause for your anger?

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(2 of 2)



MEDIA

Use this form to better understand your emotions. Identify some prompt that usually stirs destructive emotions. For example, if you are a progressive, you might choose to watch a very conservative television program, and if you are a conservative, you might choose to listen to a very liberal media. While you are experiencing the prompt, pay attention to how your body reacts, what you think, and how you feel.*

What did you notice about how your body reacted? Did your skin feel extra warm, heartbeat quicken, or breath feel short? Did you notice anything else about how your body reacted?

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What did you notice about how you were feeling? Did you feel angry, frustrated, confused, helpless, overwhelmed, sad, or some other emotion?

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What else did you notice about how you reacted to the prompt?

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** If you watch this program while working out, you might get a much better workout than usual.*



LOOKING AHEAD:

Control Toxic Emotions



Use this form to prepare yourself for a conversation that has the potential to provoke you to feel and act on destructive emotions.

How will you recognize that your emotions are being provoked (skin feels extra warm, heartbeat quickens, shortness of breath, unclear thinking, desire to respond without thinking, or something else)?

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How will you reframe the conversation, if necessary (seeing yourself as a listener, learner, game player, detached observer, or in some other way)?

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How can you use empathy to better understand others' perspectives, in particular their emotions and their needs?

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What strategies can you use to tame your emotions to keep them under control (buy time, rewind the tape, break vicious cycles, equilibrate the conversation, avoid making assumptions, or something else)?

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What else can you do to be prepared to control destructive emotions?

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