

Journal Exercise 1: Self-awareness

When was the last time you found yourself becoming emotional? What was the triggering behavior/event?
What was your appraisal of that event? What story did you tell yourself about the other person/situation?
Describe what you felt both mentally and physically?

Journal Exercise 2: Emotionally Competent Hero

Who do I admire for their ability to manage emotions?
What about him/her allows him/her to handle emotions so effectively?
What can I learn from this person?

Journal Exercise 3: Managing Emotions

What emotion do I find most difficult to manage?
What circumstances/situations does this emotion arise?
What is the appraisal I tell myself about the person/situation?
What is my behavioral reaction to this situation? (i.e. How do I respond?)

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