



LOOKING BACK:

Controlling 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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