LOOKING BACK:

Controlling Toxic Emotions

What was the topic of the conversation?

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?

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?

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

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