

EVENING EQ BUILDER

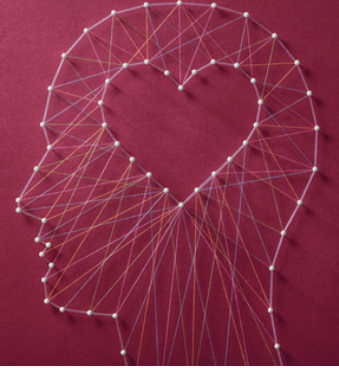
Daily Reflection



Set aside some quiet time in the evening to complete this reflection.

The purpose is to practice using a growth mindset to develop greater self-awareness and insight into your reactive habits and transform moments of difficulty into opportunities for learning and personal transformation. Ultimately, this process will help you develop greater response flexibility and resilience.

Use the below worksheet or capture your responses in a journal.



1 DESCRIPTION OF THE EXPERIENCE

First, identify a moment when you felt "hooked" during the day.

What was the situation/trigger?

What emotion(s) did you feel?

What physical sensations were activated?

What automatic thoughts arose?

2 YOUR REACTION

What automatic reactions or behaviors kicked in?

3 LEVEL OF SELF-AWARENESS

What was your level of self-awareness during the event?

- LEVEL 1 - UNAWARE
Not aware of survival brain reactivity
- LEVEL 2 - DELAYED
Aware after being triggered, hooked, and reacting unconsciously
- LEVEL 3 - PERCEPTIVE
Aware during the trigger, but unable to consciously respond
- LEVEL 4 - RESPONSIVE
Aware and able to consciously respond after a short pause
- LEVEL 5 - ADAPTIVE
Aware and able to shift effectively from survival brain reactivity to wise brain responsiveness in the midst of the difficulty

4 INSIGHTS

Zoom out and reflect on the situation.

Was your reaction productive or counterproductive?

How might you have responded differently?

