

Self-Awareness: Feeling Management

P – Pause & Analyze

E – Emotional Assessment

P – Plan for Best Result for Now and Later

ER – Evaluate & Accept Results

STEP	ACTION: What Did You Do?
1. Pause & Analyze Time-Out Recount what happened: Distinguish cause and effect	
2. Emotional Assessment Name all your feelings Sort and face your feelings	
3. Plan for Best Result for Now and Later Plan how to achieve best result Follow your plan	
4. Evaluate and Accept Results Evaluate, Accept, and Move On	