Step 4: Self-Management Tools ~ Change Your Thoughts

The Triggering Event Cycle

4

I no longer agree to treat myself with disrespect. Every time a self-critical thought comes to mind, I will forgive the Judge and follow this comment with words of praise, self-acceptance, and love.

- Miguel Ruiz

Directions: The unproductive, self-limiting thoughts we have during difficult situations decrease our effectiveness in the moment. When we change these thoughts, we are better positioned to choose effective responses. Below are some examples of how to change negative thoughts at Step 4:

When you think:	You can shift your thoughts to:
They're not getting it! This is a failure!	I will do the best I can. I am not responsible for everyone's learning. People will take away from here what they need.
I should know the answer to that!	I am not the expert here. My role is to facilitate the team's creativity. I can say, "I don't know," and ask others for their input.
You are such a *%^*#!!* for interrupting me!	I don't appreciate his timing, but at least he is willing to engage in this dialogue…He seems to have a lot of energy about this topic so maybe he has some good ideas to add…
I can't handle this!	If I make a mistake, I can use it to model that we can learn from errors and keep moving…
He is such an ignorant bigot!	I wonder why he feels so threatened? When have I felt or said something like this in the past? How can I respond to his inappropriate comment and also let him "save face?"
Her reaction is so unprofessional!	I wonder what is really going on for her. Did I say or do something that was a trigger for her?
They are so resistant!	They seem to feel safe enough to be honest about their concerns. Now we can get to the heart of this issue and maybe find a solution that meets all of our needs.
What a *@?!?# jerk!	I wonder what has happened recently that has him reacting this way?

Think about a recent difficult situation and write down several unproductive thoughts you were thinking at that time. Then identify alternative thoughts that could leave you feeling less triggered, if not more open and curious.

When you think:	You can shift your thoughts to:

kathy obear
LIFE COACH
choose courage. speak your truth. live on purpose.