

How to Reflect

Many times, we get bombarded and overwhelmed by our emotions, and since we are not ready to deal with them, we express secondary emotions. We get “angry” and “frustrated”, and we participate in actions or activities that bring us comfort. Eat, go drinking, watch a movie and generally find an activity that will shut out the reality. Hoping “it” will go away. One healthy way is to reflect about happened. Being courageous to explore those primary emotions, so we can make sure the same thing does not repeat itself and even better, learn and grow from these negative and frustrating experiences. Here is a quick way to reflect; You can either write it, by journaling or respond out loud with or without an audience.

Step 1: How are you feeling? (Use the chart below to determine the emotion/s you are experiencing.)



Step 2: What Happened?

Step 3: What can **YOU** do differently the next time?

Step 4: Are you ready to “return” to the room or the situation

Calm? Yes / No

Focused? Yes / No