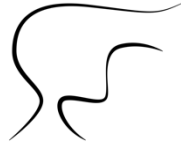


Doubtless Confidence Companion Worksheet



Emotional Management for Personal Growth

1. Self-Reflection Questions:

- What are my common emotional triggers? (e.g., anger, fear, powerlessness, feeling trapped)
 - How do I typically respond when I'm emotionally triggered?
 - In what situations do I tend to feel overwhelmed by others' struggles?
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2. Identifying Emotional Patterns:

- **Journaling Prompt:** Reflect on a recent situation where your emotions took over. Write about the event, how you felt, and the thoughts that ran through your mind.
 - **Follow-up Questions:**
 - Why did I react the way I did?
 - What underlying beliefs or past experiences contributed to my reaction?
 - How could I reframe this situation from a more empowered perspective?
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3. Shifting Focus:

- Think of a challenging situation you're currently facing.
 - How can you focus on emotional balance instead of just the outcome?
 - What small, manageable steps can you take to process the emotions tied to this situation?
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4. Changing the Goal:

- **Scenario Exercise:** Like the high school basketball team that shifted its focus from winning to perfecting a play, think of a situation where the pressure is high.
 - How can you reframe the goal to be about process or learning rather than success or failure?
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5. Emotional Management Techniques:

- **Practice this method for emotional resilience:**
 - When emotions arise, **Stop, Observe, Assess, Respond** (SOAR).
 - Write down how you used SOAR in a specific situation to maintain calm and clarity.