

2.3.1

DISCOVERING

Thoughts-Emotions-Actions Connection

Ella is fuming because her best friend Maggie has been listed as a starter at her soccer team's next game, and Ella hasn't. Ella thinks her coach is being unfair and overlooks her because she doesn't like her. Ella knows she is as good as Maggie, and she feels she works harder and attends every practice. She thinks about it all day and talks to her friend about it. Her friend suggests possible reasons for the coach's choice. Maybe Maggie is better at a certain position, or maybe the coach is trying to give everyone a chance to start, so Ella will eventually get her chance, too. Ella decides to talk to her coach. She walks in angry, accusing her of punishing Ella by not putting her in the game. Her coach tells her to calm down and that they should discuss this at the next practice. Ella leaves, unsatisfied.

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DISCOVERING

Thoughts-Emotions-Actions Connection



2.3.2

CONNECTING

How to React Positively to Negative Emotions

Identify your emotions.

Identify the thoughts you are having that is causing you to respond this way.

Decide what you can and cannot change.

Choose a positive way to react.

Think of something positive you can learn from the situation.

What?

How can you learn to react more positively to negative situations?

So what?

How will this help you be more effective in relating to others?

Now what?

How will this understanding help you as you face new situations in work or in continuing your education?