

EMOTION TRACKER

Description of the emotion:
What did I feel?

In which situation did I feel that emotion?
and/or: What triggered it?

Do I want to cultivate or
dissolve it?

How do I cultivate or dissolve
this emotion?

INVENTORY OF FEARS

What am I afraid of? (situation / person, etc.)

What fears are related to this situation or person?

What can I do to reduce those fears?

INVENTORY OF FEARS – Examples

What am I afraid of? (situation / person etc.)

What fears are related to this situation or person?

What can I do to reduce those fears?

I can't be there for my kids when they need me.

Fear of loneliness due to my kids rejecting me upon my return
Fear of disappointing others by not performing my duties as a mother
Fear of disappointing myself because I am a bad mother

I can talk with my kids and explain the reasons why I need to go abroad. I can openly share my feelings with them. I can change perspectives and put myself in their shoes to ensure I communicate with them in a way they understand.
I want to become more aware that I can serve others best when I'm balanced.

I'm going to fall victim to a terrorist attack.

Fear of existence
Fear of being injured
Fear of pain

I can follow local media in English to get a view that is different from international media.
I can have a look at statistics to put the risk of dying from a terrorist attack into relation with the risks I'm exposed to every day.

I'm going to be have no job upon my return.

Fear of unemployment
Fear of existence
Fear of not having status in society
Fear of not being accepted by others

I can go back to the situation where I followed my husband who had an assignment abroad. I found a job in an unknown environment within a very short time. Why should it be different this time?
I can write a list of all the competences I have, gaining more awareness of the diversity of jobs I am able to do. I can talk to people who have made similar experiences and ask for their advice. What have they done to get started again upon their return ?

NEEDS TRACKER

What is my prevailing emotion at the moment?

What are the needs related to this emotion?

PAIN POINT TRACKER

What kind of situation makes me angry?

Are there particular persons involved in this situation?

What is the reason for this anger or irritation?

What specifically could I do to release those emotions?

ENERGY VAMPIRE SPOTTER

Who repeatedly dumps negative emotions on you?

Why do you allow this?

What can you do to stop it?

DRAMA SCANNER

Description of plot

Main people involved

Who is the producer/
director?

What are his/her needs?

Why are you playing along?

DRAMA SELF-CHECK

How do you know if you have drama king or drama queen tendencies?
Look at the statements below and decide to what extent they apply to you.

Doesn't apply at all

Absolutely applies

1 2 3 4 5 6 7 8 9 10

You filter and twist information: you give different people different chunks of information.

You skewer information to create a common 'enemy'.

You manipulate others to become your ally against this joint 'enemy'.

You seek confirmation that you're right and the 'enemy' is wrong.

You control others' actions by stirring their sympathy for you.

You want to be at the emotional centre. You want others to commiserate with you.