

LEADERSHIP FOUNDATION — MODULE 3

Emotional Trigger Analysis

Identify your triggers and build management strategies.

Name:

Date:

Self-awareness is the starting point. Identify what triggers you, how you react, and what you'll do differently.

My Top 3 Triggers

TRIGGER 1

How I typically react:

How I want to respond instead:

My strategy to create space between trigger and response:

TRIGGER 2

How I typically react:

How I want to respond instead:

My strategy to create space between trigger and response:

TRIGGER 3

How I typically react:

How I want to respond instead:

My strategy to create space between trigger and response:

DESC Conversation Planner

Use this for a current conflict or tension you need to address:

DESCRIBE (THE SITUATION, FACTUALLY)

EXPRESS (HOW IT AFFECTS THE TEAM/OPERATION)

SPECIFY (WHAT NEEDS TO CHANGE)

CONSEQUENCES (POSITIVE IF CHANGED, ESCALATION IF NOT)