

Emotional Intelligence

Choose Yourself – Identifying Patterns: Thoughts, Feelings, Actions

“The first step to having some control over our reactions is recognizing our own patterns of behavior. When you are in control of your reactions you are more likely to make strong choices and be happier in your life.”

One key way of identifying patterns is by asking the questions:

- What were my **THOUGHTS**?
- What were my **FEELINGS**?
- What were my **ACTIONS**?

Your task

During your EQ time this week you will need to:

1. Choose a prompt from below to reflect on.
2. Fill in the ‘Thoughts, Feelings and Actions’ worksheet.

Think about a time:

- Something unexpected happened.
- Something unfair happened.
- You were involved in an argument.
- You did something you now regret.
- You were over excited.
- Someone was mean or unkind to you.
- You were dishonest.
- You damaged or broke something.

Think, Feel, Act

In this box, describe what was happening at the time.

What was said?

Draw what you were thinking at the time.

Thoughts

Write what you were thinking at the time.

Actions

What did you do?

Feelings

How many emotions words can you use to describe how you felt at the time?

Draw how you reacted.

Draw how you could have responded in another way.

Think about your actions, and what the situation was. Share a reflection on how well you feel you reacted, and what you might do different next time.

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