

Emotional Intelligence

Choose Yourself – The Trouble Train

Have you been down this path before?

Is this pattern working for you?

What will be the cost of staying on the Trouble Train?

What choices will you make to STOP the Trouble Train?



Trouble trains can lead to hurt feelings, damaged or broken friendships and even dangerous situations. Wouldn't it be better if we could get off the train before it arrives at these destinations?

Have you ever found yourself in the middle of a situation and you know it is going to turn into a big mess? You can feel it slipping out of control...and yet you keep going. This is probably because you have a hard-wired pattern of reaction to this kind of situation. It's as if you're being pushed along the track: you know it's going to lead to trouble, but it seems like there's no choice. The problem is, there is always a cost or consequence to being on the Trouble Train.

Your task

For your EQ Sessions this week you will need to:

1. Think about a time you have been on the trouble train, for example:
 - When my brother and I fight over the PlayStation – We get sent to our room
 - When I leave the classroom without permission – I have to speak to the principal
 - I don't get my work finished – I have to stay in to finish it at break
 - I get angry and hurt someone in the playground – I get a 3R's
 - I stay up too late playing computer games – I am too tired to get up for school, I get into trouble at home and miss learning at school.
2. Write and draw about a time you have been on the trouble train in the attached worksheet.
3. Think about how you felt and how you reacted. Try to describe these in as much detail as possible.
4. Think about how you can change this pattern and avoid getting on the trouble train in the future.

Example:

The Trouble Train		
<p>Write about a time you got on the trouble train.</p> <p>Last week I got a new video game. I was really excited to play it, but my younger brother was using the TV to watch a boring kids show. He wouldn't let me play my game, so I yelled at him and made him cry. My parents sent me to my room and I didn't get to play my game at all that day.</p>	<p>Describe how you reacted (What did you say, what did you do?)</p> <p>I was excited at first, then I asked my brother to stop, then I nagged him. Then I was rude to him and yelled at him. I made fun of him for watching a baby TV show.</p>	<p>Think about how you could change this pattern, and avoid getting on the trouble train in the future.</p> <p>I could definitely use the catastrophe scale to help put things in perspective. I could have also used my think-pause strategies to let my thinking brain catch up before I reacted. I also could think of the needs of others, not just my own wants. I can also think of other ways I can talk to my younger brother, so we both are happy.</p>
<p>Draw a picture here</p>	<p>Describe how you felt on the trouble train.</p> <p>I was excited at first, then I was angry when I couldn't play. When my brother didn't stop his show so I could play, I was frustrated. Afterwards I was upset and felt guilty that my brother was crying.</p>	

The Trouble Train

Write about a time you got on the trouble train.

Draw a picture here

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Describe how you
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say, what did you do?)

Think about how you could change this pattern, and
avoid getting on the trouble train in the future.

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