

Ten Questions to Help You Respond More Effectively

1. What emotion(s) are you least comfortable experiencing? (Anger, anticipation, anxiety, boredom, confusion, disgust, fear, joy, love, etc.)
2. When you feel these uncomfortable emotions, how do you respond? What do you feel, think and say?
3. How do your current responses affect your ability to get things done? How do they affect your relationships?
4. Who in your work or personal life “triggers” these responses for you? What’s the story behind that? Where do you see some patterns?
5. What situations (e.g. a board meeting) or states (e.g. too little sleep) “trigger” these responses for you? Where do you see some patterns?
6. What might your colleagues say about what triggers you? What might your family members say? Your best friend? Who would you be willing to ask? Who wouldn’t you ask – and what’s your reticence about?
7. How might you slow down your “triggers”? If you were able to slow them down, what alternative responses might you choose?
8. Who do you know who manages his or her responses to these emotions, people, situations or states more effectively? What seems different about his or her approach? What can you “try on” or borrow?
9. What different outcomes would you like to see?
10. What one change are you willing to make today?

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Want an accountability partner?
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