

CONQUER YOUR



What are your 'Lizards'? Any external event or situation that is imposed upon you, often without notice. Its presence can threaten to throw you off balance if it is not handled constructively. *E.g. health crisis lizard, family drama lizard etc.*

Things to Remember:

- Grow the gap between your immediate impulse to react and your ultimate action
- Remember they are a part of the nature of what happens in your workplace or your life
- Handle them with a cool head
- Stay focused on your desired outcome

WHAT ARE MY 'LIZARDS'	MY TYPICAL REACTION TO THEM	AN IDEAL POSITIVE RESPONSE
1.		
2.		
3.		

POSITIVELY INFLUENCE THE EMOTIONAL AFTERTASTE

Emotional Aftertaste: Whether we are aware of it or not, every interaction we have with others leaves behind an impression and that is the emotional aftertaste. How others feel having been in an interaction with you is typically either bitter or sweet and you have the power to influence how you make others feel.

Your Interactions: Think about the top 3 interactions you have frequently with a particular individual or group. E.g. if you're a manager or a co-worker within a team. Reflect on how you communicate and interact with these folks most especially during high stress moments. How can you be more deliberate with your words and actions to positively influence the emotional aftertaste?

YOUR INTERACTIONS	DELIBERATE & CONSCIOUS ACTIONS OR WORDS
1.	
2.	
3.	

“MANAGE YOUR TRIGGERS”

Using the example below, complete the rows for two of your “triggers.”

EXAMPLE TRIGGERS

- Insulted
- Interrupted/cut off
- Disrespected
- Feeling patronized
- Feeling demeaned
- Feeling left out
- Not feeling treated fairly
- Not feeling valued
- Not feeling accepted
- Ignored
- Disapproval
- Not feeling in control
- Chaos
- Too quiet
- Not feeling liked

YOUR TRIGGERS	NEGATIVE SELF-TALK	YOUR “RE-ACTION”	POSITIVE SELF-TALK
“Know-it-All” People who think they know everything	“Look at her... pretending she knows it all”	1. Get angry and/or anxious 2. Speak negatively to person 3. Walk away 4. Ignore the person	• Happy phrase – “Hawaii” • “I am not personalizing this” • “I will not be triggered by...”