

Getting Started Worksheet

Calm, Cool, and Collected
with Dr. Tammy Lenski



WHERE YOU ARE NOW

1. Why are you taking this course?

2. List the *behavior(s)* you want to change with the help of this course. In other words, what are the types of things you typically *say* and *do* that you wish to change?

Example: "I want to stop avoiding" is not a behavior, it's the result of a series of things you say or do. The actual behaviors might be things like, "I leave the room," "I think about what's bothering me but don't say it out loud," or "I change the subject," or "I make a joke."

3. Why do you want to change those behaviors? List the kinds of *problems* or *results* that arise from the reactions you want to change.
4. When you have the kind of reaction you want to change, how do you *feel* during or after? What kinds of *thoughts* go through your mind during or after? List them.

WHERE YOU WANT TO BE

Now let's get a clear visual of the future. In your mind's eye, when you are calm, cool, and collected in conflict, confrontations, and negotiations, how will you...

5. React in terms of behavior? What kinds of things will you say and do? Push yourself to think beyond only the opposites of your answer to Question 2. How else will your behavioral reactions be different? Picture yourself doing them, then list and describe them briefly.
6. How will you *feel* that's different than now? What kinds of *thoughts* will go through your mind?
7. What of your current behaviors do you feel good about and want to retain?