AUTHENTIC LEADERSHIP
C E N T E R

Developing the Observing Self

Developing that part of us that can stand away from our own thoughts, emotions and behaviors is an important element of emotional competency. It is necessary to both see the things you want to change about yourself and to choose different thoughts and behaviors that work better for you.

1. What is a recent example of a situation where you were “triggered” or you made choices that did not honor you or others?

2. What did the various voices say internally and externally?

3. Which voice made the choice in the situation and why?

4. Which voice or voices might have made a better choice?

5. What support and/or coaching did you need in the moment?
    a. For protection?

    b. For nurturing?

    c. For creative thought?

    d. For decision and action?

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