

SEE- JUDGE – ACT through Transitions



See

What is triggering me?

What emotion am I feeling?

Judge

Why am I triggered and feeling that emotion?

Why? Why? Why? Why? Why?

Act

How do I integrate this new perspective into my new/old life?

Is there another person involved with whom I can have a conversation?

How do I honor my (new) values while honoring others in this situation?

What can I control in this situation?