

Step 2

See where you're REacting instead of intentionally acting.

HERE'S A PERSONAL EXAMPLE.

1. WHAT HAPPENED: *Seeing negative reactions of peers*

2. THOUGHT I HAD *"I'm scared of doing something wrong"*

3. EMOTION I HAD *Fear*

4. ACTIONS I TOOK *Blindly follow accounts*

5. RESULT *Continue to have fear of "doing something wrong"*

NOW FILL IN YOUR OWN TO SEE WHERE YOU'RE LINE OF THINKING IS

1. WHAT HAPPENED: _____

2. THOUGHT I HAD _____

3. EMOTION I HAD _____

4. ACTIONS I TOOK _____

5. RESULT _____

Step 5

Think about the best result you want from this conversation

FILL IN THE BLANKS WITH THOUGHTS, EMOTIONS AND ACTIONS THAT WILL LEAD TO RESULT

1. WHAT WILL HAPPEN: *Conversation with Friend, family, etc*

2. THOUGHT I NEED _____

3. EMOTION I NEED _____

4. ACTIONS I NEED TO TAKE _____

5. RESULT I WANT *Them to clearly understand Black Lives Matter*

IF YOU WANT EXTRA HELP WITH THIS, PLEASE FEEL FREE TO LET ME KNOW! EMAIL ME AT HELLO@MONICAFREDERICK.COM.