



Knowledge of Self-Assessment

Learning to manage the highs and the lows of our emotions is a lifelong challenge. However, being mindful and knowledgeable about who we are as individuals can guide us when managing emotions. Being mindful helps you avoid dwelling on past hurts or obsessing about fears of the future.*

Purpose: Students will identify one high-leverage area for improvement and re-visit/reflect in 1 week

1) Choose Behaviors That Increase Emotional Stability

Your feelings might be out of control, but your behaviors don't have to be the same way. One key to successfully getting off the emotional rollercoaster is to do the things that help you achieve your long-term goals rather than the things your emotions make you want to do immediately.

How well do you do this? (circle one)

Needs Improvement	Well	Very Well
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Evidence:

*[Credit: BetterHelp](#)

(Continued below)



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2) Avoid Acting on Rapidly Changing Emotions

When you know you're on an emotional rollercoaster, it can be the worst time to choose behaviors based on how you're feeling. Imagine if you felt extremely excited and decided it would be a great idea to buy a new car. Then, a few minutes after you made the purchase, your feelings might become negative, prompting you to go back to the dealer and try to get your money back. Instead of rushing to act on feelings that are changing so rapidly, take more time to think before you make a major decision.

How well do you do this? (circle one)

Needs Improvement	Well	Very Well
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Evidence:

3) Pursue the Goals That Matter to You

Often, when people try to do things because they think they're "supposed to," they bring up intense feelings that can range from sadness to disappointment in themselves to fear of the future. By pursuing the goals that matter to you, you might avoid the unnecessary emotional upheaval that often comes with doing things you don't think are right for you.

How well do you do this? (circle one)

Needs Improvement	Well	Very Well
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Evidence:

(Continued below)



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4) Build Healthy Relationships

Being involved in a healthy relationship can help you avoid the emotional rollercoaster in many ways. First, you aren't constantly dealing with someone who tries to hurt you or shows no compassion for you. Second, you have emotional support within the relationship. Finally, if you need help from a therapist, your loved one might recognize your distress and encourage you to talk to a counselor.

How well do you do this? (circle one)

Needs Improvement	Well	Very Well
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Evidence:

FOCUS QUESTIONS

Which of the 4 components will you like to focus on growing in?

What small step(s) can you take towards growth?