

## MOD 1.2 Navigating Your Emotions

---



### TAKE IT DEEPER:

#### Navigating Emotions in Professional Life

Brainstorm scenarios in your professional role that often evoke each emotion. Then note the reason you think the situation results in that emotion. Along with each scenario, note physical observations you can be aware of in the moment to indicate the emotion.

Enjoyment

Anger

Disgust

Fear

Sadness

Shame

Surprise

Embarrassment

When you need to pause and navigate your emotions before reacting to a situation, how can you pause to be mindful, practice self-compassion, and/or change your interpretation?