

### Figure 3.3: Assess Your Self-Management of Emotions

For each of the following markers for *managing and expressing emotions*, score yourself as (1) seldom, (2) sometimes, (3) often, or (4) frequently.

\_\_\_\_\_ I consider how and when to express emotions so that I can build relationships and foster an atmosphere of trust.

\_\_\_\_\_ When I express emotions, others respond as I hope and expect they will.

\_\_\_\_\_ I can control impulses, including not interrupting others, impatience, and rushing decisions.

For each one of the following markers for *acting independently*, score yourself as (1) seldom, (2) sometimes, (3) often, or (4) frequently.

\_\_\_\_\_ I am able to make tough decisions without undue fear of displeasing others or of criticism.

\_\_\_\_\_ When consensus is reached, I can maintain harmony with those who are not on board with the chosen direction.

\_\_\_\_\_ I can discern when collaboration is necessary and when I should decide and move on.