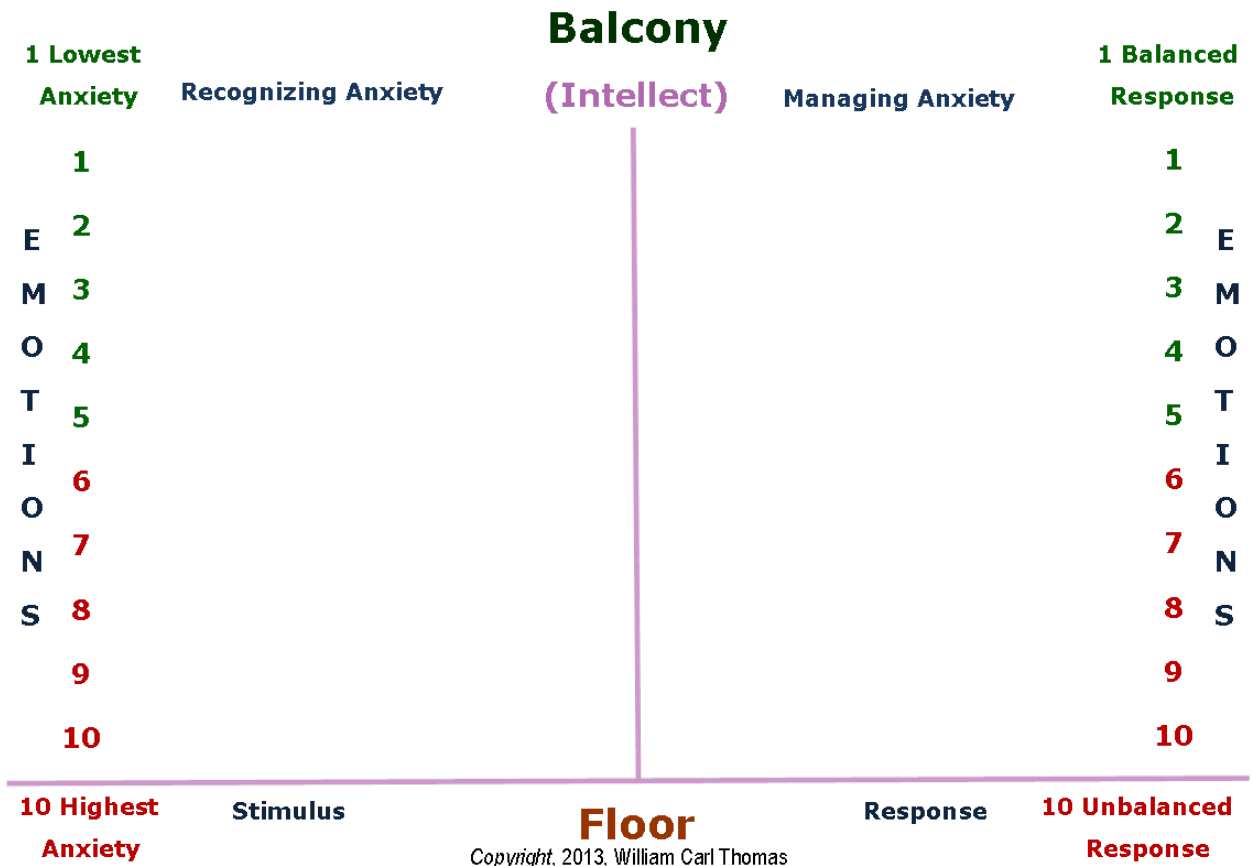


# ANXIETY RESPONSE CHART— Situation Description



## METHOD

- Write a brief narrative of the incident.
- Break narrative into “moving parts” and assign the sections a number in sequence.
- Using your own self-reflective knowledge, post in-sequence the number of each section through stimulus to response (See Action Symbol Key) against your interpretation of your emotional state.
- Above the number, put the appropriate Response Filter.
  - TC-Thinking Cap
  - HE-House of Emotion
  - AP-Automatic Pilot
- Below the number, put the appropriate Bandwidth symbol with an energy indicator.
- Now Write a Self-Reflection theme from your Balcony Perspective in conversation with your Enneagram Type (Catching Yourself in the Act).
  - Write a brief understanding from the following frames of reference.
    - Capacity Challenge
    - Bandwidth Challenge
    - Governing Value/Guiding Principle
    - Learning

