

# Being in Control of Emotions

Name \_\_\_\_\_ Date \_\_\_\_\_

To the right: 2 = Mastery, 1 = Acceptable (may improve), 0 = Not acceptable (must improve). On the blanks to the left, mark "+" for strengths and "-" for areas that need improvement.

## Knows factors that influence emotions.

2 1 0

- Knows what is right and wrong.
- Knows that life is not always fair.
- Knows fear and anger make people act impulsively.
- Knows that peer pressure makes it hard to do what is right.

## Uses strategies to remain under control.

2 1 0

- Has a personal set of ethical rules.
- Uses intelligence to overpower emotional urges.
- Has prepared things to say and do when challenged.
- Calms down quickly after emotional/exciting situations.

## Does not act immediately when making decisions.

2 1 0

- Sets time aside to think situations over.
- Considers consequences before acting.

## Maintains control of emotions when urges occur.

2 1 0

- Does not act impulsively (thinks before acting).
- Lets little things go, gives in before little things escalate.
- Remains calm when confronted or in difficult situations.
- Says no or yes to self when it is the best thing to say.
- Remains under control when supervision is removed.
- Negotiates compromises when facing disagreements.
- Resolves own conflicts maturely.
- Confronts others in a calm, but firm manner.

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