

## Being in Control of Emotions

Name \_\_\_\_\_ Date Set \_\_\_\_\_ Met \_\_\_\_\_

Above, fill in the date the annual goal was set and met.

To the right, fill in the date that each short-term objective was met or NA if not applicable.

	Date Met	NA
<p><b>Knows factors that influence emotions.</b></p> <p><input type="checkbox"/> Knows what is right and wrong.</p> <p><input type="checkbox"/> Knows that life is not always fair.</p> <p><input type="checkbox"/> Knows fear and anger make people act impulsively.</p> <p><input type="checkbox"/> Knows that peer pressure makes it hard to do what is right.</p>	<p>_____</p>	<p>_____</p>
<p><b>Uses strategies to remain under control.</b></p> <p><input type="checkbox"/> Has a personal set of ethical rules.</p> <p><input type="checkbox"/> Uses intelligence to overpower emotional urges.</p> <p><input type="checkbox"/> Has prepared things to say and do when challenged.</p> <p><input type="checkbox"/> Calms down quickly after emotional/exciting situations.</p>	<p>_____</p>	<p>_____</p>
<p><b>Does not act immediately when making decisions.</b></p> <p><input type="checkbox"/> Sets time aside to think situations over.</p> <p><input type="checkbox"/> Considers consequences before acting.</p>	<p>_____</p>	<p>_____</p>
<p><b>Maintains control of emotions when urges occur.</b></p> <p><input type="checkbox"/> Does not act impulsively (thinks before acting).</p> <p><input type="checkbox"/> Lets little things go, gives in before little things escalate.</p> <p><input type="checkbox"/> Remains calm when confronted or in difficult situations.</p> <p><input type="checkbox"/> Says no or yes to self when it is the best thing to say.</p> <p><input type="checkbox"/> Remains under control when supervision is removed.</p> <p><input type="checkbox"/> Negotiates compromises when facing disagreements.</p> <p><input type="checkbox"/> Resolves own conflicts maturely.</p> <p><input type="checkbox"/> Confronts others in a calm, but firm manner.</p>	<p>_____</p>	<p>_____</p>

Comments:

Date Met