













## Recognizing Automatic Thoughts and Reflection (10 minutes)

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Page 18



### [🗣️] SAY:

- This activity just illustrated how thoughts drive behaviors.
- Let's pull back from specific behaviors for a moment and look at what types of automatic thoughts you might have based on your DiSC® style and priorities.
- As you'll see on the top half of **page 18**, our DiSC style and what we prioritize may make certain automatic thoughts more typical.
- Take a couple minutes to review the automatic thoughts on **page 18** and select 3 that are most common for you in a conflict situation. Feel free to write in additional thoughts if there are others that seem more appropriate.

*Give participants 2–3 minutes to review automatic thoughts.*

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### [🗣️] SAY:

- As we did before, it's important to apply this information to real-life situations to help solidify the ideas and take them from the abstract to the practical.
- On the bottom half of **page 18**, we'll continue to build on the reflection activity that we started earlier.
- The next step, after you've thought about a conflict situation that you wished you would have handled better, is to think back to that situation and write out some of the automatic thoughts that you had during that situation.
- Then, also write down your behaviors or responses that you had in the situation.
- After you've completed this, take a moment to reflect on how the thoughts that you had most likely influenced the way that you responded in the situation.
- Remember that you can use the information on **pages 11–17** to guide your responses.

*Allow participants 5 minutes to complete the reflection activity.*



### SAY:

- We will come back to this activity one more time as we explore ways that we could have changed our responses in the next step.
- Before moving onto the last part of today's training, I'd like everyone to return to their original table groups from the start of today's session.

*Allow participants time to move to their seats before starting Module 3.*