

# EMOTIONAL BRAIN STYLES



THE COACHING MASTERS

# EMOTIONAL BRAIN STYLES

(Based on Richard Davison's theory)

**PURPOSE OF THE TOOL:** Improve resilience and self-awareness.

**1) RESILIENCE:** *The speed with which we recover from adversity*

- How do you react to everyday adversity?
- From zero to 10, how satisfied are you with your results in overcoming these adversities?
- What can help you to respond to problems with more energy and determination?

**2) ATTITUDE:** *How long can we sustain positive emotions*

- What's your reaction when things don't go your way?
- What do you think contributes to reacting this way?
- How do you feel when you think this?
- How can you give things another meaning in this scenario?
- Where can you place your focus to experience more positive or less destructive emotions?

**3) SOCIAL INTUITION:** *The ease with which we pick up the signals emitted by the people around us*

- On a scale of 0 to 10, how satisfied are you with your results in being able to interpret people's body language?
- How do you react to signals that indicate people's mental and emotional states?
- What would be different in your results if you were aware of this?
- What can you do to practice this skill?

**4) SELF PERCEPTION:** *Ability to perceive bodily sensations related to emotions*

- From 0 to 10 how satisfied are you with your results in being able to identify the signals your body sends you when you are happy or angry
- How often do people tell you that you seem oblivious to the fact that you are anxious, impatient, or irritable?
- What has this cost you?

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**5) CONTEXT SENSITIVITY:** *Ability to regulate our emotional responses to match our social context*

- How often are you surprised when people tell you that you behaved inappropriately?
- Tell the same joke to your spouse and your boss?

**6) WARNING:** *How sharp and clear is our concentration*

- How often can you filter out emotional distractions and stay focused?
- What are the situations that favor your thinking jumping from a task to, for example, the fight you had at the beginning of the day, making your performance unproductive?
- What can you do to improve this?