

Your Situation...

Self Awareness Describe how you are feeling in the situation. What clues indicate your emotions? What are the underlying causes of your emotions?	Self-Management What steps should you take to gain control of your emotions?	Social Awareness What do you think is going on with the other person? What clues indicate their emotions? How can you gain more information about their emotional state?	Relationship Management How will you react in the situation to best manage both yours and the other person's emotions and preserve the relationship?