

UNDERSTANDING MY EGO TRAPS

SCENARIO:

FEELING

WHAT AM I FEELING?

Discomfort? Overwhelm?

PROTECTIVE RESPONSE

WHAT'S MY DEFAULT RESPONSE?

- Isolate
- Ignore
- Avoid
- Distract

GROWTH RESPONSE

HOW COULD I RESPOND INSTEAD?

- Reach out
- Lean in
- Refer out
- Stay present