## **Developing Your Emotional Intelligence**





## Disrupting Thinking Tool

Use this tool to help you change the way you think about challenges. It will provide you with an alternative perspective and a way to react to events to get the most out of each situation.

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Activating event
<b>B</b> eliefs, thoughts, and emotions relating to the event
Consequences of your response
<b>D</b> isrupting thought that can change the way you view the situation (to challenge your beliefs)
Effect or consequence of challenging your thoughts