**Worksheet: How to better respond to big emotions**

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| What is your default response (Fight, Flight, or Freeze)? What does that look like? |  |
| What are 2-3 signs that you’re experiencing this fight, flight, or freeze response? |  |
| What are some things you can do to calm yourself down either before or during the conversation?  [Read this article for ideas](https://myleadershippotential.com/02-12-2025-master-your-emotions-7-tactics-for-hard-convos/) |  |
| What response does the other person typically use? |  |
| What does that look like? (i.e., yelling, crying, going on tangents, etc.) |  |
| What can you do to help calm them down in the moment? |  |