Identifying Circumstances

A practical timeline for awareness, thoughtful responses and intentional action.

HEAR

- What friends say
- What coworkers say
- What influencers say

THINK

- What is truthful and valuable?
- What is relevant?
- What is going on in their world?
- What is going on in my world?

FEEL

- What worries me?
- What are the contraindications?
- Why is this triggering?

SAY

- How do I reply?
- What is my attitude toward others?
- Recognize emotions

DO

- Ask for help
- Research solutions
- Reflect on self
- Practice self-care
- Is this a repeated cycle?

Pause. Notice what you hear, think, feel, say and do before choosing your next step.

Circumstance Reflection

Name one circumstance and trace your response through the five stages.

CIRCUMSTANCE: _____

Positive / Negative / Mixed

HEAR	THINK	FEEL	SAY	DO

Results

What positive and negative results came from this circumstance?

HEAR → THINK → FEEL → SAY → DO

POSITIVE	NEGATIVE

Replies

How might you respond? Explore constructive and unhelpful replies.

HEAR → THINK → FEEL → SAY → DO

POSITIVE	NEGATIVE

THINK Before You Speak

Five questions to consider before communicating.

T	Is what I am saying...	**TRUE?**
H	Is what I am saying...	**HELPFUL?**
I	Is what I am saying...	**INSPIRING?**
N	Is what I am saying...	**NECESSARY?**
K	Is what I am saying...	**KIND?**

Empathy Map

Explore another person’s experience with curiosity and perspective.

WHO ARE WE EMPATHIZING WITH?

WHAT DO THEY NEED TO DO?

WHAT DO THEY SEE?

WHAT DO THEY HEAR?

WHAT DO THEY SAY?

WHAT DO THEY DO?

Think – Feel – Do Cycle

A before-and-after example of shifting beliefs and taking action.

CIRCUMSTANCE: I do not have a business yet.

	BEFORE	AFTER
THINK	I am not qualified or smart enough.	I can learn as I go and seek resources.
FEEL	Discouraged, uncertain, incapable.	Hopeful, motivated, capable.
DO	Put my dream aside and keep wishing.	Research, ask for help and take steps.
RESULT	Remain an employee without starting.	Pursue becoming a business owner.

Your Next Step

Reflect on what you have learned and identify one intentional action.

WHAT PATTERN AM I READY TO CHANGE?

WHAT ONE ACTION WILL I TAKE NEXT?

About Amanda Danielle

Support for rebuilding clarity, confidence and a life aligned with your values.

Amanda Danielle

Author of B.I.T.C.H Speak Your Truth ~ Discover Your Inner Peace

Speaker | Coach | Therapist | Trauma & Life Rebuild Strategist

The B.I.T.C.H Method™

Breaking Internal Trauma. Creating Healing.

Explore Coaching | Book a Session Here

AskAmandaDanielle.com