

ASSESS HOW YOU MANAGE EMOTIONS AT THE WORKPLACE

Based on the frequency of your usual behaviour, select your position on the following scales:

Signs of an emotion that is experienced badly		Signs of mature management of an emotion
I experience an emotional overflow and I can no longer control myself		I can be emotional without getting lost in my emotions
I shut myself up in passive resistance, I stagnate, I lack motivation, I am paralysed by inertia		I know how to draw support from the emotion so as to be persuasive, stimulating, intense or motivated, or to have greater impact and authority
I implode, I self-destruct, I switch off		I contain my emotion in a healthy way, I agree to feel the emotion and I can identify it
I want to take revenge, I spread gossip and I call people to task. I discharge my aggression behind people's backs or on the "weak links in the chain"		I allow myself a certain measure of disagreement, positioning and assertion of my point of view
I sulk, I remain cold and distant, I ignore the other person, I swallow my feelings and I choke back my anger		I know how to obtain physical relief so that I can release an emotion that I have contained
I pretend that I am not affected, I deny or suppress my emotions		I have somewhere inside me where I can live my emotions: I relax my body and I allow myself to be emotionally affected
I feel wounded, I make a drama out of it; I harbour the emotion, which my thoughts then turn into a bad mood. Everything is the other person's fault		I take responsibility for what I feel: I am not anyone else's victim – I am responsible for what happens within me, and I deal with it!

Healthy management: I agree to feel emotion, I take time to recognise it, I turn the focus back on myself, I let go of the other person, I deal with the emotion responsibly by containing it and expressing it later on in a totally safe way.