

## How to Complete the Week 2 Scenario Simulations Activity Walk-Thru

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0:00 I'd like to quickly discuss with you how  
0:02 to complete the week two scenario  
0:03 simulations in lesson 14. in week 2  
0:06 you'll be exploring your needs and  
0:08 triggers with a few different reflection  
0:10 activities none of this will be graded  
0:12 as it is personal exploration  
0:15 scrolling down into the needs threat  
0:17 assessment you'll see there's a  
0:19 checklist where you check only three  
0:21 needs that you hold most dear and that  
0:23 most often set up your emotions when  
0:24 they are at risk of not being met  
0:27 once you click those  
0:33 you'll then do a journaling activity  
0:35 each journaling activity is listed on a  
0:38 card and has an audio prompt just press  
0:40 the play icon to listen  
0:43 scroll through each of the cards and  
0:45 explore each trigger  
0:48 when you've completed that there's a  
0:49 contemplative practice  
0:51 in the week 2 scenario simulation  
0:55 I want you to know that this is not a  
0:57 quiz nor should you select your answers  
0:59 based on which reaction you think is the  
1:01 correct one because there is no grade on  
1:03 this nor will you be asked to share how  
1:05 you did on this scenario activity this  
1:08 activity is merely data Gathering about  
1:10 yourself so make sure to write notes in  
1:12 your Journal so that you can follow up  
1:13 on areas that are identified as areas of  
1:16 improvement for your final action plan  
1:18 this activity should be viewed as a  
1:20 valuable tool in your self-discovery of  
1:22 emotional intelligence benchmarking in  
1:24 other words you're going to answer the  
1:26 questions with what your normal reaction  
1:27 would be in the given situation if your  
1:30 normal reaction is not listed please

1:32 choose the reaction that you resonate  
1:34 with most to start click the continue  
1:37 button hi I'm Joe I'd like to explore  
1:40 some potentially emotionally triggering  
1:42 scenarios and different reactions to  
1:43 each one I think it would help you with  
1:45 the development of your final action  
1:47 plan Okay click the continue button  
1:50 let's read the scenario when someone  
1:52 important to you screams angrily at you  
1:55 how do you react I cannot stress enough  
1:57 that choosing the right answers is not  
1:59 the point of this activity so if this is  
2:02 one of your reactions begin a debate  
2:04 because as soon as someone angers you  
2:07 you want to get angry right back  
2:10 let's see what Joe has to say about that  
2:12 this answer shows that you need to work  
2:14 on building emotional awareness  
2:17 write this down in your journal and add  
2:19 it to your final action plan later  
2:20 knowing this will help you decide which  
2:22 practices are best suited for your  
2:25 identified areas of improvement click  
2:27 the try again button and select another  
2:29 reaction  
2:30 so let's say how upsetting it is to be  
2:33 yelled at let's choose that  
2:35 Joe says this is an appropriate response  
2:38 for this reaction that says that sharing  
2:40 your thoughts in a constructive way  
2:41 shows an active awareness of your  
2:43 emotional state click continue to move  
2:45 to the next scenario  
2:48 once you've completed this Activity  
2:49 Click continue to move on through the  
2:51 lesson there are 11 scenarios for you to  
2:53 complete in this simulation I hope you  
2:55 find this activity valuable in the  
2:57 development of your personal action plan

English (auto-generated)