



RECOGNIZING HEAT OF THE MOMENT THOUGHTS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

Heat of the Moment Thought: An individual’s initial emotional reaction to a triggering event. Most people over react to a triggering event without understanding the consequences of their emotions. When dealing both in a professional or personal manner, these over reactions can have a detrimental effect on witnesses subjected to them.

Self-Awareness: Self-awareness is a primary target of being able to identify “heat of the moment” thoughts.

Detect Patterns: Identify any patterns in your Thoughts that undercut your performance and mental toughness.