

TAKE 5!

An Informal Self-Assessment Tool

Strengthening our capacity to self-regulate – even in the difficult moments – is really a life-long endeavor. As we grow and mature, our inner compass can become stronger, and more resilient. And our ability to respond positively to life’s challenges becomes more reliable.

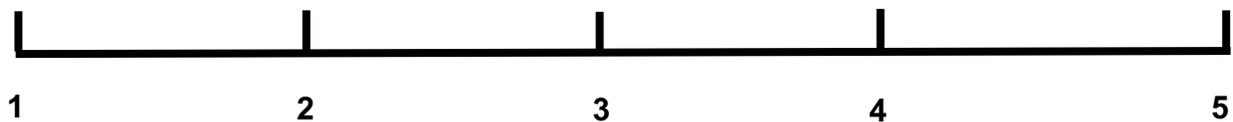
But, when life throws us a challenge, it can feel as if some of our skills have slipped a little. And so we return to that skill, bring it into our awareness, and give it some active attention and care.

Most adults we know are still working on their capacity to self-regulate. So it’s helpful to check in from time to time, to see what we’re getting better at, and what might benefit from a little more inner capacity building.

To help you do an in-the-moment assessment, here is a short summary of the self-reg assets that Take 5! helps to grow. And because self-reg strengths-training isn’t just for kids, we’ll use the language of personal and professional development.

So, on a scale of 1 to 5, how are you doing today? And which assets might need a little more care and attention in the next while?

Help! Oops, forgot about this one. Working on it. Getting pretty good. I’ve got this!



BE HERE: Mindful Awareness Assets *Being Present in ME Space*

Assets that support mindful awareness include:

- **Self-awareness:** Being aware of my own inner experiences ... my thoughts, feelings, attitudes, assumptions ... and how they're connected to my body and my actions.
- **Mindfulness:** Intentionally bringing more mindful awareness into my personal and professional life.
- **Felt-sensing:** Accessing the wisdom of the body, as well as the mind. For example, what's my 'gut sense?'
- **In-Sight:** Self-knowing; seeing into my inner world, paying attention to my inner experiences; taking a perspective on myself.
- **Presence in Every Moment:** Being more fully present and accepting, in each and every moment. Even the difficult moments.

BE WITH: Interpersonal Effectiveness Assets *Being Together in WE Space*

Assets that support interpersonal awareness include:

- **Other-Awareness:** Growing my awareness and ability to be present ... not only with myself but with others.
- **Perspective-taking:** Seeing any situation from more than one perspective ... not just my preferred perspective.
- **Mindsight:** Integrating insight & empathy; seeing my own inner workings *and* the inner experiences of others.
- **Boundary Awareness:** Setting healthy boundaries in my personal and professional life; respecting the boundaries that others set.
- **Mindful Togetherness:** Participating with others in ways that honor personal needs *and* the greater good.

BE CALM: Emotion Regulation Assets *Senses in Synch*

Assets that support emotion regulation include:

- **Sensing:** Fine-tuning my sensory awareness; paying attention to the messages my body is sending. Connecting the dots between what I feel in my body, my thoughts & emotions, and my actions in the world.
- **Conscious Breathing:** Becoming more aware and intentional with my breath. Using the breath as a tool to calm.
- **Becoming the Witness:** Standing back a little ... shifting my viewpoint. Often called 'witness awareness' – taking a more distanced perspective on something that feels charged.
- **Living my Power:** This is the kind of empowerment that's mine once I can master my senses, my impulses, my actions.
- **Building Mastery:** Practice, practice, practice ...

BE STRONG: Resilience & Thriving Assets *Even When Life Gets Tough*

Assets that support resilience & thriving include:

- **Distress Tolerance:** Distress is part of life, and I accept it. I can stay present to difficult experiences and emotions, even when I'm feeling uncomfortable.
- **Truth Testing:** I know that my perspective influences what I believe to be 'true.' In any situation, there's more than one truth. I'm just as interested in your 'truth' as am in my own.
- **Making Sense of the Problem:** When I experience problems, I try to understand the situation, and find some meaning in it. For example, how does this problem support my own development?
- **Wise Mind:** In any situation, even when I feel triggered, I'm able to use my "wise mind," integrating my rational mind *and* my emotional mind.
- **Rocking Resilience:** Life went sideways. But I didn't. A least not for long.

BE CHANGE: Connectedness & Contribution Assets *Making Change that Makes a Difference*

Assets that support connectedness & contribution include:

- **Flex/Flow Thinking:** I'm comfortable with complexity in people, and in systems. I'm even comfortable with paradox: two things, seemingly opposite, can be equally true. I look for the seeds of potential in every problem.
- **Imagine a Preferred Future:** A positive future is possible – for me, and for the people in my circle of influence.
- **Stepping Up:** I am involved. I make a difference in my world.
- **Playing it Forward:** I take into account how my choices and actions will impact my own future, and future generations.
- **Busting My Immunity to Change:** I'm aware of how I can get in my own way, trip over myself from time to time, and undermine my best intentions for positive change.

Here's how it all comes together ...

Self-Reg Assets for Personal & Professional Development

BE HERE	BE WITH	BE CALM	BE STRONG	BE CHANGE
<p>Mindful Awareness: <i>Being Present in ME Space</i></p> <ol style="list-style-type: none"> Awareness – Me: Thoughts, feelings, body, actions Mindfulness: Being here <i>with</i> myself, <i>for</i> myself Felt-sensing: Mindful focusing; tapping inner wisdom In-Sight: Making 'me maps'; seeing perspectives, assumptions, taken-for-granted's, judgments Presence in Every Moment: Tuning in to the present moment & accepting it; validating my experience 	<p>Interpersonal Effectiveness: <i>Being Together in WE Space</i></p> <ol style="list-style-type: none"> Awareness – We: Being present in 'we space' Perspective-taking: There's always more than one perspective Mindsight: Integrating insight & empathy Boundary Awareness: Me and you, separate and together Mindful Togetherness: Being here <i>with</i> others, and <i>for</i> others 	<p>Emotion Regulation <i>Senses in Sync</i></p> <ol style="list-style-type: none"> Sensing: What's happening in my body? How is that connected to my thoughts, my emotions & actions? Conscious Breathing: What shifts when I pay attention to my breath? Becoming the Witness What shifts again when I stand back a little, when I practice "witness awareness?" Living my Power: What shifts again when I bring awareness to my actions? When 'I'm the boss of me?' Building Mastery: Practice, practice, practice ... 	<p>Resilience & Thriving ... <i>Even When Life Gets Tough</i></p> <ol style="list-style-type: none"> Distress Tolerance: Accepting, finding meaning in, & tolerating distress Truth Testing: Is there more than one truth in this situation? Making Sense of the Problem: A 'sense of coherence' generates health & well-being Wise Mind: Integrating rational mind & emotional mind Rocking Resilience: Resisting urges; working with dynamic tension; bouncing back from adversity 	<p>Connectedness & Contribution <i>Making Change that Makes a Difference</i></p> <ol style="list-style-type: none"> Flex/Flow Thinking: Change is constant; everything has its opposite; yes/and thinking; finding hidden potential in the problem Imagine a Preferred Future: A chosen future, not just an inherited future Stepping Up: "What if I ...?" "What if we ...?" Playing it Forward: How will this action affect my future, our future, the planet's future? Busting My Immunity to Change: How do competing commitments undermine my very best intentions?

Tam Lundy, 2016

