

# Being in Control of Emotions

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Mark + for strengths and - for items needing improvement on the ____ .	High Mastery	Mastery	Not Yet
<p><b>Knows factors that influence emotions.</b></p> <ul style="list-style-type: none"> <li>___ Knows what is right and wrong.</li> <li>___ Knows that life is not always fair.</li> <li>___ Knows fear and anger make people act impulsively.</li> <li>___ Knows that peer pressure makes it hard to do what is right.</li> </ul>			
<p><b>Uses strategies to remain under control.</b></p> <ul style="list-style-type: none"> <li>___ Has a personal set of ethical rules.</li> <li>___ Uses intelligence to overpower emotional urges.</li> <li>___ Has prepared things to say and do when challenged.</li> <li>___ Calms down quickly after emotional/exciting situations.</li> </ul>			
<p><b>Does not act immediately when making decisions.</b></p> <ul style="list-style-type: none"> <li>___ Sets time aside to think situations over.</li> <li>___ Considers consequences before acting.</li> </ul>			
<p><b>Maintains control of emotions when urges occur.</b></p> <ul style="list-style-type: none"> <li>___ Does not act impulsively (thinks before acting).</li> <li>___ Lets little things go, gives in before little things escalate.</li> <li>___ Remains calm when confronted or in difficult situations.</li> <li>___ Says no or yes to self when it is the best thing to say.</li> <li>___ Remains under control when supervision is removed.</li> <li>___ Negotiates compromises when facing disagreements.</li> <li>___ Resolves own conflicts maturely.</li> <li>___ Confronts others in a calm, but firm manner.</li> </ul>			

This is a sample page from  
**Workplace Skills & Attitudes**  
 part of the *Life & Employability Skills* series of manuals  
 published by TEN SIGMA  
 1.800.657.3815  
[www.tensigma.org](http://www.tensigma.org)