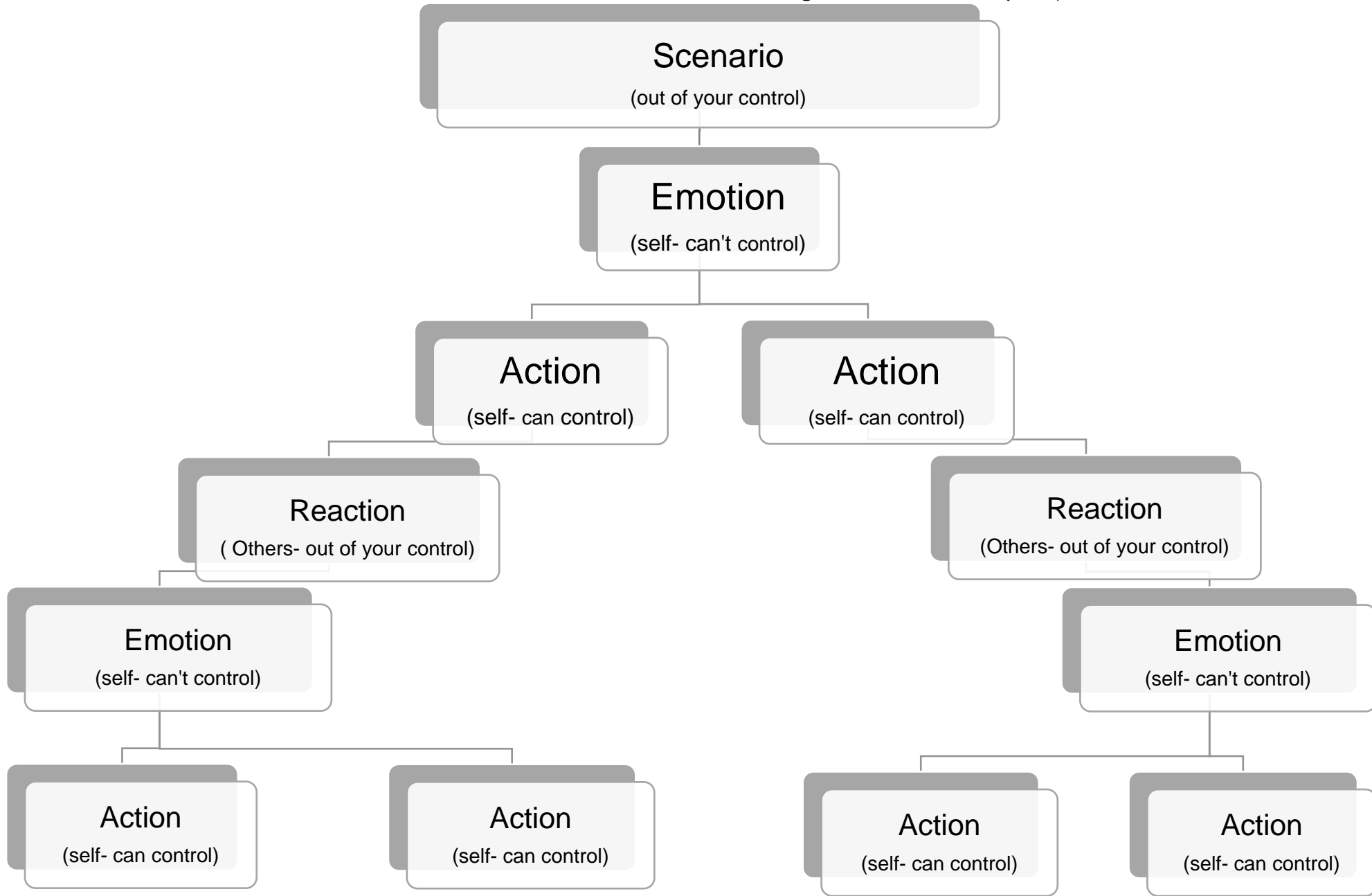


Self-Awareness Addendum #2-Emotional Intelligence Decision Tree (EIDT)



4-H Volunteer EIDT Model Example

Setting up project booth and the office hasn't marked which booth is yours (4-H Volunteer) to decorate and you're on a tight schedule.

(out of your control)

Frustration

(self- can't control)

You go to office and start loudly complaining about the staff disorganization and that anyone could do their job better

(self- can control)

You go to the office and explain that you cannot find your booth and ask if a map is posted somewhere that you might have missed

(self- can control)

Office staff gets defensive and starts listing the amount of things they are preparing for fair and that you need to hold your horses

(Others- out of your control)

Office staffer admits they have been swamped with setting up for fair, pulls out the booth map from a file and thanks you for reminding her

(Others- out of your control)

Anger

(self- can't control)

Irritation

(self- can't control)

You begin yelling at office staff about you being a volunteer and they are paid

(self- can control)

You take a deep breathe and ask if there's any way you can help hang booth signs since you recognize they are very busy

(self- can control)

I'm swamped too! I'm working full time, have to get 3 steers to the fairgrounds, pack my camper, etc. I need to do this booth as fast as possible!

(self- can control)

I know we all have a ton to do to get ready for the fair. Thank you for helping me check another item off my list!

(self- can control)