



**EHR**

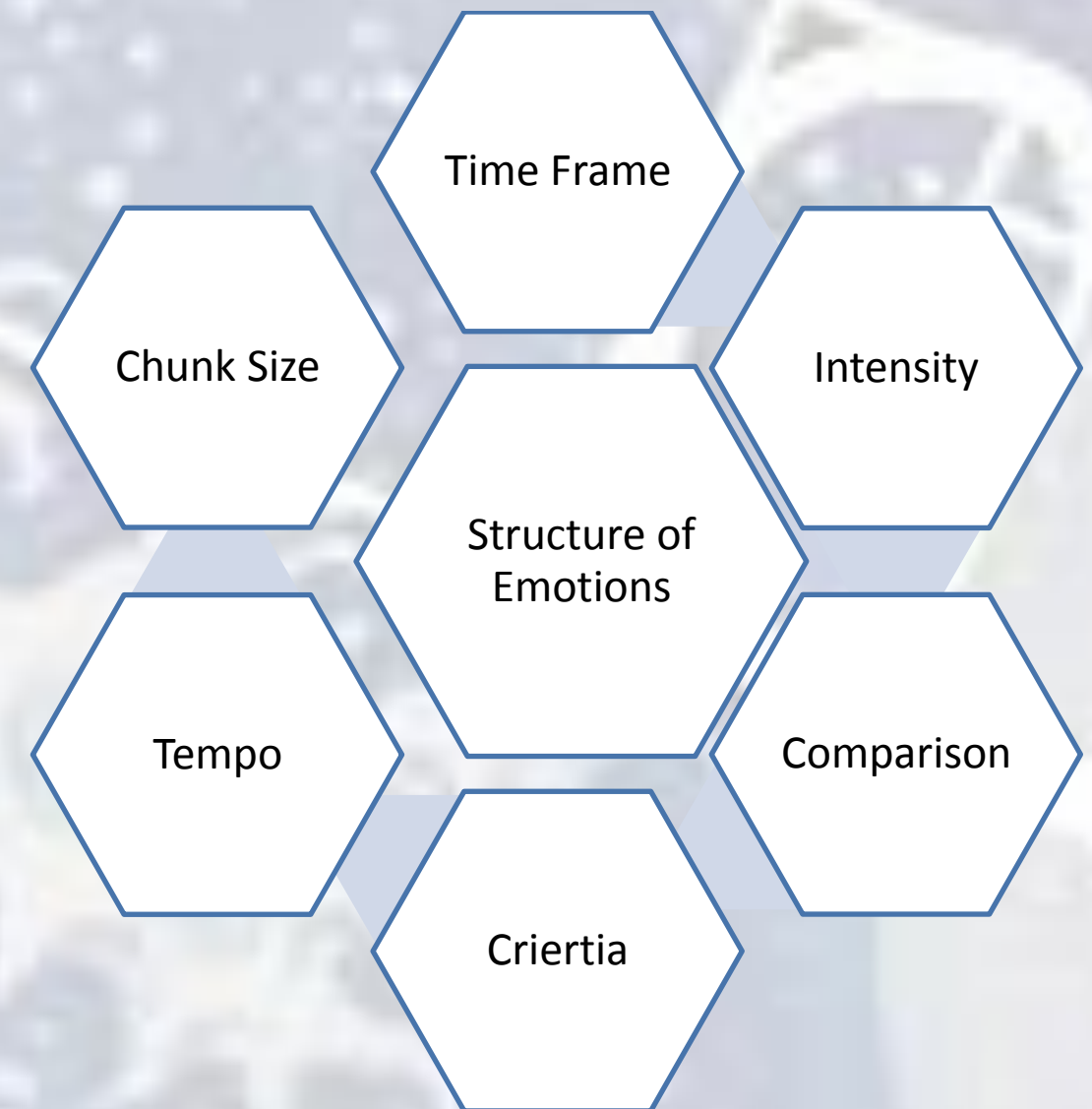
**When Good is Bad**

**&**

**Bad is Good**

Between stimulus and response there is a space.

In that space is our power to choose our response. In our response lies  
our growth and our freedom.



Placement of Emotions

Expression of Emotions

Employment of Emotions

Prevention of Emotions

appropriate and useful

congruent and outcome driven

gift of unpleasant emotions

situational redirection of emotions

Reference: The Emotional Hostage

Leslie Cameron-Bandler & Michael Lebeau, 1986

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Thank you for the opportunity to share :-)