

# ***FEELING YOUR WAY THROUGH THE PLOT***

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Use this worksheet to recognize and resolve Plot scenarios. Remember that the emotions are drawn to stories and drama.

1. Lets give this drama a name: \_\_\_\_\_

2. What is the stage you are on? (Describe the physical and factual setting.)

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3. Who are all the players on this stage?

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4. What feels unfair? Why does it drive you crazy?

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5. How does this drama make your "circle of influence" feel? (Co-workers, family, & friends.)

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6. How does this drama affect the “bigger picture”? (Company culture, your career, world peace.)

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7. What is the “good” you think the other person in this drama is seeking? (Remember, they are trying to move from pain towards pleasure, even if their methods and outcomes are less than desirable.)

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8. How strong is your energy in this situation? Is it over 40%? Is this an emergency? Is it under 40%? Are you throwing a pity party?

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9. What mannerisms and tone of voice do you use when acting out this drama? Either *act out* this behavior in front of a mirror or another person, or write out your feelings below.

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10. What role does that leave you playing? Victim? Negative hero? Villain? If you are not trying to triumph over this, have you given up? If so, is it because you are playing a victim role or because you have completely walked off the stage?

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11. What is the better way to meet everyone's emotional needs?

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12. What is the good in this drama? Why do you need this? What can it help you learn? Why would God have had you go through this situation? (For example: "To give up arrogance and learn humility.")

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13. What are you going to do about this to end the drama?

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