

Assess the Situation – A Practical Activity

For a *Leading in Rehabilitation* Course by Jason Giesbrecht

This activity provides an opportunity to practice and strengthen the emotional intelligence subscale of Reality Testing and Situation Awareness within the context of a real-life situation. Fill in the table below to complete the activity.

<p>STEP 1: Describe an emotionally charged (positive or negative) situation from your past. It could be a work or personal situation.</p>	
<p>STEP 2: Answer the “Level 1” questions below:</p> <ul style="list-style-type: none">• What happened?• What did I observe?• Who was involved?• Where and when did the situation occur?	
<p>STEP 3: Answer the “Level 2” questions below:</p> <ul style="list-style-type: none">• Why did this happen?• What’s really going on?• How am I feeling about this situation?• How does the outcome of this situation align with my expectations, goals, or desires?• What are the contextual influences (past experience, culture)	
<p>STEP 4: Answer the “Level 3” questions below:</p> <ul style="list-style-type: none">• How will this situation impact the future?• How is the situation changing?• How likely is the situation to occur again?• What might get in the way?• What decision do I need to make?	