

What **standards or definition** is driving how you are evaluating your own/your colleague's/your direct's behavior?

What would you like to see happen (**expectations and desired outcomes**)?

What **role(s)** do you find yourself playing?

What's your **biggest fear or concern** related to this situation?

**Mapping
Your Internal
Influences**

What **assumptions and conclusions** have you made about this situation?

What do you care deeply about or stand for in this situation (**core values**)?

What **emotions** are on or just about the surface for you?

What **talents/strengths** are in the basement? What can you do to move to the balcony?