mage Management

1a. What is the Situation *Describe the Situation*	2a. Fears *What are my fears going into this situation? What am I afraid might go wrong or not work out?*	3a. Desired Images	4. Knee Jerk Counter Productive Behaviors *Fears going into this situation*	5. (Ego) Benefits	7. Goal ***Goal** – What do I care about more than my DDI*	8. Practice ***Be & Respond** – How I want to be/respond optimally (in contrast with 4) ?* ***Practice***
1b. What is at stake in the situation?	2b. Optimal Behaviors	3b. Dreaded Images		6. Costs of behaviors		

1a.	2a.	3a.	4.	5.	7.	8.
1b.	2b.	3b.		6.		