

1) DESCRIPTION OF THE TOOL

WHAT GAME DO YOU PLAY THAT LIMITS YOU?

This tool consists of a questionnaire that analyses our emotions and the consequences they lead to depending on how we respond to them.

2) OBJECTIVES OF THE TOOL

The three main objectives of the skill are:

- Detect the emotion
- Understand how we “play”
- Detect limitations

3) CONNECTION OF THE TOOL WITH THE SKILL

This skill helps us to detect the emotion of the moment, our reaction and how we manage it. We can detect the limitations we experience during these emotions.

4) RESOURCE MATERIALS

We use the questioner attached (last page)

5) HOW TO APPLY THE SKILL

We can apply this skill answering to the questioner

1. What game do you play that limits you?
2. Find out how you play
3. What apparent benefits do you get?
4. What is the cost? Emotional, temporary, economic, personal, professional ..
5. How can you be effective?

6) WHAT TO LEARN

This skill help us to detect the emotion that we feel and analyse it to detect if this emotion have a benefit to us or not.

Using this skill we can define better action plans to reach our objectives.

WHAT GAME DO YOU PLAY THAT LIMITS YOU?



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2. Find out how you play

3. What apparent benefits do you get?

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