

# MOM EMOTIONS

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## EMOTIONS

List three emotions you felt today at work and at home. (E.g., stressed, happy, frustrated). Reflect on what might have triggered these emotions.

## OBSERVATIONS

Describe a recent situation at work/home without interpretation or judgment. (E.g., "I noticed the report was submitted late" instead of "The team is always late with reports.")

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## NEEDS

Identify what needs were not met in the situation you described. (E.g., need for efficiency, understanding, and support) How do these unmet needs affect your emotions?

## CONSTRUCTIVE REQUESTS

Based on the situation and unmet needs, formulate a clear, actionable request for the future. (E.g., "Can we discuss how to ensure timely report submissions?") How can this request lead to a positive outcome?