



THE
EMPOWERED
PRINCIPAL
PODCAST

WITH **ANGELA KELLY ROBECK**

PODCAST QUICK START GUIDE

Episode One Worksheet: Cause Vs. Symptom

Name an ongoing problem you are having at school:

Why is this a problem?

When you believe this is the problem, how do you feel and act?

What approaches have you taken to solve the problem?

What bothers you about this problem?

What else could be the problem?

Are there other questions about this problem that have not yet been asked?

Episode Two: Pain Vs. Suffering

Describe a painful situation you have experienced. Write down all the details.

What part of this situation is most painful? Why?

Do you want to continue experiencing painful emotions when you think of this situation? Do you want to continue believing the story your brain is creating about this situation?

YES NO

How do you want to feel about the situation? Be honest.

What would you have to think in order to feel the way you want?

Episode Three: STEAR Cycle

S = Situation: Anything outside of our control (weather, people, events)
T = Thought: A sentence that appears in the brain (I want Sam to love me.)
E = Emotion: One word that describes how you are feeling (Sad, Elated, Angry)
A = Approach: An action or series of actions you choose to take or not take
R = Results: What happens in response to your approach

Chose a time (first thing in the morning or just before going to sleep) to write down all of your thoughts for 10 minutes. Don't stop to analyze – just write. After 10 minutes, choose one thought that is most interesting to you. It does not have to be the “best one” or the most challenging one – just pick one that stands out to you. Write it on the T (thought) line. Complete the STEAR cycle to see whether the thought creates an emotion and result that you want. At this point, just notice how the cycle components impact one another. In future episodes, we'll dig deeper into each component and how we can shift our thinking to support the results we desire.

THOUGHT LIST:

S = _____

T = _____

E = _____

A = _____

R = _____

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S = _____

T = _____

E = _____

A = _____

R = _____

THOUGHT LIST:

S = _____

T = _____

E = _____

A = _____

R = _____

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THE STEAR CYCLE

Now is where it gets FUN! In the first cycle, write down a thought you are currently thinking that does not feel good. Complete the STEAR cycle. THEN, write down a thought you WANT to think – one that feels amazing! Put the desired thought on the T line and complete the STEAR cycle. This is the first step in creating new thoughts.

Current Thought

S = _____

T = _____

E = _____

A = _____

R = _____

Desired Thought

S = _____

T = _____

E = _____

A = _____

R = _____