



## Your Temperance Toolbox: Self-Reflection Worksheet

### Part 1: Identify Your Reflection Patterns

Think about the last three times you lost control of your emotions or impulses. For each instance:

1. **Situation:** Briefly describe what happened.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

2. **Emotions:** What feelings arose in that moment?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

3. **Physical Sensations:** How did your body respond?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

4. **Thoughts:** What was going through your mind?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

5. **Actions:** How did you respond?

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Part 2: Find Your Reflection Triggers

Review your answers above and identify patterns:

1. Common emotional triggers (specific feelings that often precede loss of control):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

2. Situational triggers (environments, contexts, or interactions):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

3. Physical warning signs (bodily sensations that signal rising tension):

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Part 3: The TEMP Method Framework

### T - Take a Pause

Identify which "traffic light" strategies work best for you:

**GREEN (CALM)** - Daily maintenance practices:

- Cease activity: \_\_\_\_\_
- Acknowledge God: \_\_\_\_\_
- Listen to breath: \_\_\_\_\_
- Mindful moment: \_\_\_\_\_

**YELLOW (REST)** - Rising tension responses:

- Retreat briefly: \_\_\_\_\_
- Engage breath: \_\_\_\_\_
- Seek God's presence: \_\_\_\_\_
- Take inventory: \_\_\_\_\_

**RED (STOP)** - Emergency responses:

- Step back physically: \_\_\_\_\_
- Take a breath: \_\_\_\_\_
- Open to God: \_\_\_\_\_
- Present moment focus: \_\_\_\_\_

### E - Examine the Emotion (ECHO Framework)

Create your personal reflection questions for each step:

**Express:** How will you name and acknowledge emotions?

- \_\_\_\_\_
- \_\_\_\_\_

**Connect:** Questions to link emotions to current situations:

- \_\_\_\_\_
- \_\_\_\_\_

**Hunt for roots:** How will you identify underlying patterns?

- \_\_\_\_\_
- \_\_\_\_\_

**Open to wisdom:** Practices for seeking God's perspective:

- \_\_\_\_\_
- \_\_\_\_\_

## M - Make a Plan (WISE Framework)

**Weigh options thoughtfully:** Decision-making process:

- \_\_\_\_\_
- \_\_\_\_\_

**Include biblical values:** Key principles to guide responses:

- \_\_\_\_\_
- \_\_\_\_\_

**Structure clear steps:** Template for action planning:

- \_\_\_\_\_
- \_\_\_\_\_

**Engage support system:** People to contact when needed:

- \_\_\_\_\_
- \_\_\_\_\_

## P - Practice the Skills (GROW Framework)

**Gather useful tools:** Resources you'll use:

- \_\_\_\_\_
- \_\_\_\_\_

**Regular practice rhythms:** When and how often you'll practice:

- \_\_\_\_\_
- \_\_\_\_\_

**Observe your progress:** How you'll track growth:

- \_\_\_\_\_
- \_\_\_\_\_

**Wise adjustments:** Process for refining your approach:

- \_\_\_\_\_
- \_\_\_\_\_

## Part 4: Your Daily Mirror Practice

Design your personal reflection routine:

### Morning Mirror (2-3 minutes)

- Scripture for meditation:

○ \_\_\_\_\_

- Questions to ask yourself:

○ \_\_\_\_\_

○ \_\_\_\_\_

### Midday Check-in (30-60 seconds)

- Quick reflection points:

○ \_\_\_\_\_

○ \_\_\_\_\_

### Evening Review (5 minutes)

- Gratitude focus:

○ \_\_\_\_\_

- Growth reflection:

○ \_\_\_\_\_

- Scripture to conclude:

○ \_\_\_\_\_

## Part 5: Track Your Mirror Moments

For one week, note instances where you successfully used the TEMP method:

Day	Trigger	Which TEMP elements used	Outcome

## Part 6: Reflecting on Your Progress

After one week of practice:

- Which elements of the TEMP method were most helpful?
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
- How has your relationship with God influenced your self-control?
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
- What patterns do you notice in your successful "mirror moments"?
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
- What adjustments will you make to your practice next week?
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_

*Scripture Foundation* "He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city." - Proverbs 16:32