



## Recognising Why it's Bothering Me: 7f

### ADVANCED TACTICAL COMPOSURE

Sometimes, the reason why some things bother us or produce tension can be easily spotted. As a basic exploration of potential reasons why this particular situation you have in mind is bothering you now (or in the past), take a look at these items below.

This is in no way any form of assessment or diagnosis, just a way of gaining personal insight from a top-level scan of the potential triggers.

#### **List of reasons why things bother us or cause tension (it can be one or more of these)"**

##### *Expectation mismatch*

- ☐ We don't get what we want or what we expected
- ☐ We were surprised or shocked by what happened
- ☐ It goes against our sense of values and principles
- ☐ It triggers a sense of needing to meet higher or unreasonable standards
- ☐ It triggers a strong belief in us that we (ourselves), or the situation, should be different

##### *Challenging behaviours*

- ☐ It reveals disrespectful or aggressive behaviour from others
- ☐ It is uncomfortable or disturbing by its very nature
- ☐ It's unsafe or threatening in some way
- ☐ It triggers a sense of being personally challenged
- ☐ It triggers a sense of being criticised or producing self-criticism

##### *Uncomfortable territory*

- ☐ By its nature, it produces normal, expected negative emotions, such as pain, grief & loss
- ☐ It reminds us about a negative experience from the past
- ☐ It makes us doubt ourselves and our abilities
- ☐ It challenges our sense of...
  - Status in relation to those around us
  - Certainty of how things will be or go
  - Autonomy to do things in our own way in our own time
  - Relationship and belonging to those we feel are important to us
  - Fairness in the way things are done
- ☐ It takes us out of our comfort zone
- ☐ It's unfamiliar or strange
- ☐ There's not enough information
- ☐ We get mixed messages from others

Your Tactical Composure Coach or Program Facilitator can help explain the science behind this area, should you be curious.