

Tactical Composure Reflection Activity: TC 102

Reflect on your experience of Tactical Composure and record your answers. We're always happy for you to email your feedback and share your description of the effects of using the tactics over time. (ready@tacticalcomposure.com)

1.	What tactics	have vou	been using	and ho	w often?
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2. What has helped or hindered you from spending time doing the exercises?

3. What themes or patterns did you observe in yourself or others?

4.	What signs of composure are you noticing after you practice composure tactics?
5.	What effects have you noticed in your work and life as a result of practicing the tactics?
6.	What key insights have you gained, that could be turned into wise actions for the future?

7.	What changes (actions, habits) have you made as a result of these exercises and personal insights?
8.	AND how could you bring the tactics further into your life, at home and work? (under which situations can you see Tactical Composure being a tool and a benefit for you?)
and	st your Tactical Composure by determining which tactics you might need more of right now going back to repeat the relevant step in this program. One or more of these statements begin to ring true for you (and will likely change over time):
	1. The recognising tactics appeal to me because I'm just not really aware of my

- composure zone or signs of tension, what it should be like and what triggers me.
 The regulating tactics appeal to me because I just need to chill and to feel calmer and more relaxed.
- 3. The **refocusing tactics** appeal to me because I just need to gain clarity about what to do in the heat of the moment and to be patient and focused in the moment.
- 4. The **reframing tactics** appeal to me because I need to be aware of my thinking and I tend to think self-critically or negatively.
- 5. The **rehearsing tactics** appeal to me because they can help me gain more confidence in preparation for things that I know will be stressful and to think about positive coping scenarios, not about the negative and worst-case scenarios.
- 6. The **reconnecting tactics** appeal to me because I don't always take the time to connect back to the good things in my life, including my strengths and accomplishments which are a quick source of positivity.