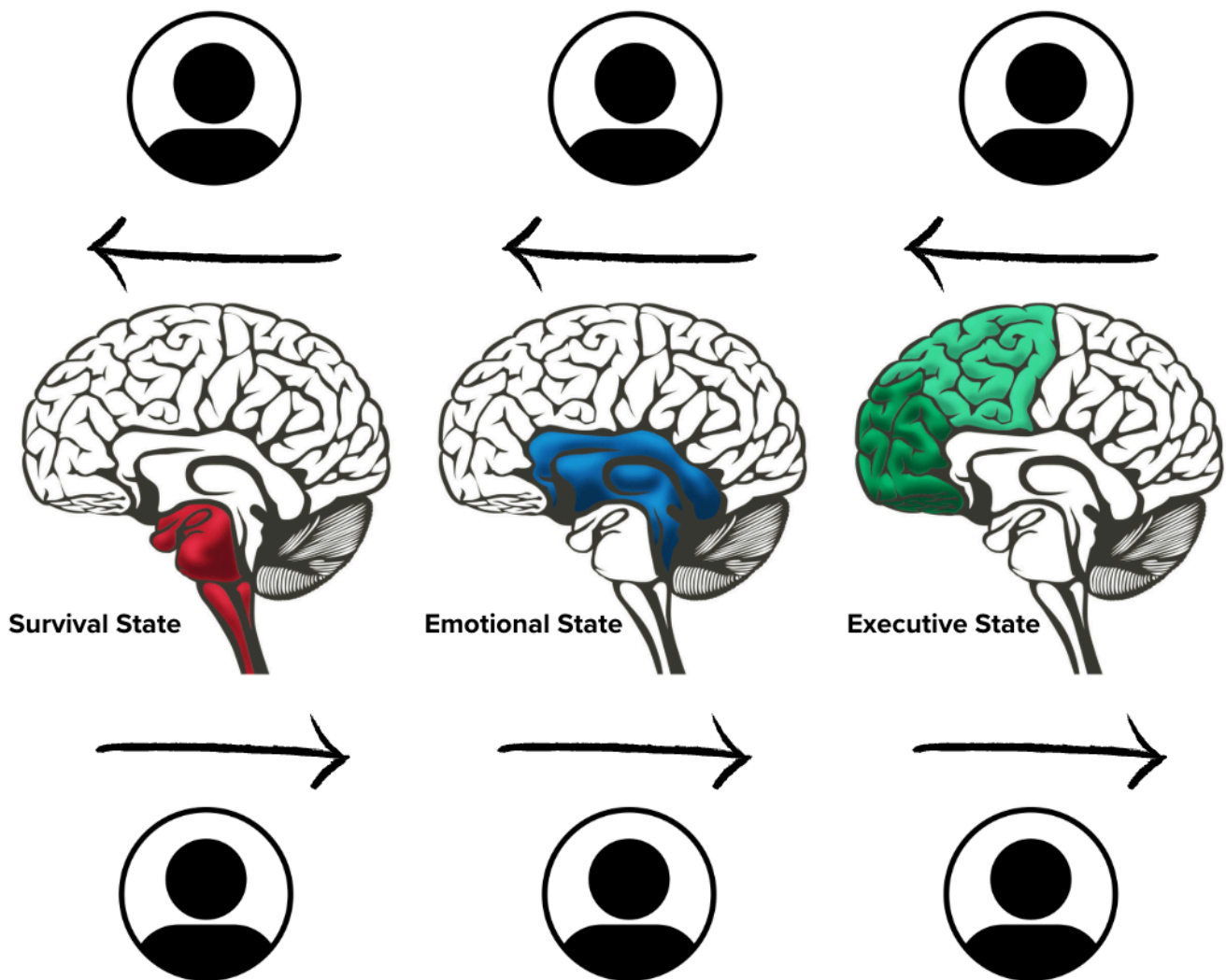


# Brain States Replay

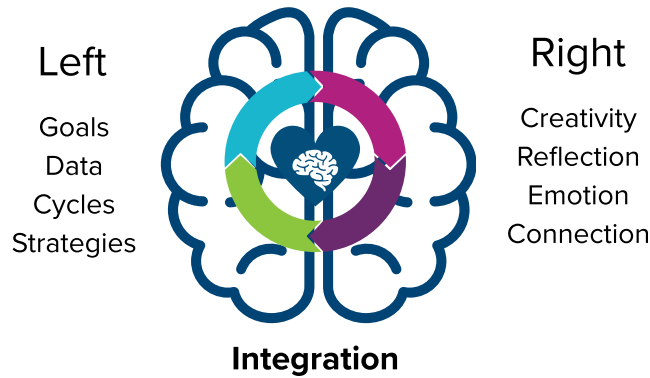
Use this guide in your coaching sessions to replay an interaction. Think about what Brain State you were in, and what Brain State the other person was in and replay that movement over time.



CCII

# From 'Reaction' to 'Reflection'

*Integrate the left and right side of your brains.*



What happened in the situation? (Objective facts)	What was your emotional reaction in the moment?
What brain state were you in? (Survival / Emotional / Executive)	What were the students' likely brain states?
What did you do or say? What do you wish you had done or said?	What belief or skill could support a different response next time?
What structure, visual, or ritual might help you implement that change?	What ideas are sparking up for you?

*Instructor Tip: Model this tool by sharing your own reflection or by using a real classroom moment from video or observation.*

**CC1J**