

Outcome Genii Hard Copy SAMPLE

Make a fresh copy for each situation

Date: / /

Time: : am pm

“Hi. We are concerned about the experience that you are encountering. If the situation is very upsetting, and you are feeling like hurting yourself dial 1-877-4747 and this will connect you to the suicide hotline.

NAMI Warmline: If you would just like to speak to one of the Peer Counselors
Dial: 1-714-991-6412, or 1-877-910-9276
M – F, 9 am – 3 am, Sat – Sun, 10 am to 3 am

If this situation is more manageable, in order to provide both of us with some idea of what is happening, just make the following choices and prompts.

Please choose one of the following sections appropriate to your feelings:

- I. Haven't Lost It Yet: Before Reactive Behavior: Pg. 2.
- II. Already Losing It: During Reactive Behavior: Pg. 10.
- III. Lost It: After Reactive Behavior: Pg. 10.

I. HAVEN'T LOST IT YET: BEFORE REACTIVE BEHAVIOR

“OK, we are assuming that we caught the situation before anything got, let’s say, out of control. You know, I just want to say that we are pleased, as I know you are, that you feel able to move forward with this effort to come to a clearer understanding of what is so upsetting.”

So, this is just like how this works:

On the Assessment Section, you will be asked to provide information according to the choices provided. These choices will create your Assessment Summary. The Assessment Summary will assist you to evaluate your choice of outcomes.

In the Desired Outcome Section you will be guided to make a choice as to what result you seek in responding to the Emotional Situation. In this guide you will explore the potential benefits and the consequences of various possible outcomes. After considering them you will make your choice as to which Outcome you seek. This process will result in your Outcome Summary.

Following this process, you will be encouraged to evaluate the wisdom of your choice as to the intended outcome given the manner in which you chose to respond to the situation.

You will benefit from keeping this hardcopy. Why not make an Outcome Genii Folder on your computer and filing it there by date and time? This effort will allow you on occasion to review them as time goes by. This process of review can be quite beneficial in providing you a perspective on your progress in managing such situations. Let’s get started. Go to Pg. 3

YOUR ASSESSMENT of the SITUATION

a. Define the Urgency of the situation

- Mildly Upsetting
- Moderately Upsetting
- Very Upsetting

In b. – g. below, Choose as many as fits the situation:

b. Define the Issues that are upsetting

- Difference of opinion
- Unresolved past conflict
- Trying to protect a friend
- Being unfairly treated
- Loss of Control
- Unreasonable Expectation
- Gender Identification
- Other:

c. Define the Triggers being experienced

- Disrespected
- Inadequacy
- Incompetency
- Threatened
- Shunned
- Insulted
- Other:

d. Define the Feelings being experienced

- Anxious
- Stressed
- Frustrated
- Confused
- Vulnerable
- Discouraged
- Alienated
- Abandoned
- Disheartened
- Other:

e. Define the Emotions being experienced

- Angry
- Frightened
- Humiliated
- Embarrassed
- Shamed
- Other:

f. Define the Environmental Situations

- Home
- Community
 - Mall
 - School
 - Work
 - Recreational site
 - Street
 - Party
 - Driving
 - Other:

g. Define the Participants in the Situation

- 1. Family Members
 - Father
 - Mother
 - Sister (Choose)
 - Brother (Choose)
 - Grandfather
 - Grandmother
 - Daughter (Choose)
 - Son (Choose)
 - Husband
 - Wife
 - Other:
- 2. Not Family Members
 - Male
 - Female
 - Child
 - Adolescent
 - Adult
 - Subordinate
 - Student
 - Player
 - Client
 - Probationer
 - Parolee
 - Employee
 - Other:
 - Authority
 - Teacher
 - Coach
 - Counselor
 - Probation Officer
 - Parole Officer

- Police Officer
- Employer
- Minister
- Other:
- Peer
 - Friend
 - Boyfriend
 - Girlfriend
 - Teammate
 - Bully
 - Gang Member
 - Other:

h. Description of the Situation:

1. DEFINE THE DESIRED OUTCOME

Things to consider before making this choice

- A. Increase Conflict to defend and to protect oneself or another**
 - 1. Physical Aggression**
 - a. Potential Benefits**
 - Empowerment
 - Release Tension
 - Increases Reputation amongst peers
 - Dominance
 - Fewer Challenges
 - Increases Respect
 - Increases Attractiveness with Opposite Sex
 - Other:
 - b. Potential Consequences**
 - 1. User wins:
 - Adversary withdraws and relationship is lost
 - Adversary Withdraws and plans retaliation to reassert control
 - May draw the attention of the Authorities.
 - User may be reprimanded, suspended, arrested
 - Other:
 - 2. Adversary wins:
 - Adversary Inflicts pain and suffering and dominates future
 - User lives in fear and feels intimidated
 - May draw the attention of the Authorities
 - may be reprimanded, suspended, arrested
 - Other:
 - 2. Verbal Aggression**
 - a. Potential Benefits**
 - Empowerment
 - Release Tension
 - Increases Reputation amongst peers
 - Dominance
 - Fewer Challenges
 - Increases Respect
 - Increases Attractiveness with Opposite Sex
 - Other:
 - b. Potential Consequences**
 - Situation could Escalate into Physical Aggression
 - User succeeds in intimidating Adversary
 - Adversary intimidated and withdraws from relationship
 - Withdraws and plans to reassert dominance
 - Adversary
 - May draw the attention of the Authorities
 - User may be placed into counseling

- Parent(s) may be informed
- User fails to dominate
 - Loss of Self-esteem
 - Increased alienation
 - Detachment
 - Intimidated
 - May draw the attention of the Authorities
 - User may be placed in counseling
 - Parent(s) may be informed
 - Other:
- B. Withdrawal**
 - 1. Take a Break**
 - a. **Potential Benefits**
 - Allows User to de-escalate emotional build-up
 - Allows User to consider outcomes and the steps to achieve it.
 - Exhibits Good Judgment and communicates a sense of maturity
 - Communicates a sense of respect for other participant
 - Lends a sense of optimism to a mutually acceptable outcome
 - Other:
 - 2. Walk Away**
 - a. **Potential Benefits**
 - Removes User from possible overwhelming escalation
 - Allows User a zone of safety
 - Provides User the opportunity to seek guidance and direction.
 - Other:
 - 3. Passivity**
 - a. **Potential Consequences**
 - Reinforces intimidation and demoralization
 - Allows User a false sense of safety
 - Precludes User the opportunity to seek guidance and direction.
 - Increases stressors that can lead to depression or aggression
 - Other:
- C. DECREASE CONFLICT IN A BALANCED MANNER**
 - 1. Immediate De-escalation Interventions – choose a link (to open the video push the control button+ click on the link or double click if you are using Apple computer)**
 - Slide Show and Music
 - Slow and deep breathing
<https://www.youtube.com/watch?v=0YM-ijxWdXA>
 - Walking Meditation
<https://www.youtube.com/watch?v=jcRTile0nLs>
 - Music
 - Self-Soothing Music
<https://www.youtube.com/watch?v=sDg9Nvk61pI>

- Go for a walk
- Play with a pet
- Make something easy and yummy to eat
- 2. Employ Resolution Strategy**
 - Listen to the Other's viewpoint
 - Process their Motivation
 - Anticipate a Positive Outcome
 - Plan an Empathetic Approach
 - Share Non-Judgmental Feelings by using I-Statement
 - Negotiate a Mutually Beneficial Outcome by Compromising
 - Express Appreciation
- 3. Access Support People**
 - Friend
 - Parent
 - Minister
 - Teacher
 - Counselor
 - Other:
- 4. Develop and Access Your Safety Plan**
 - Use your immediate calming interventions
 - Call a Support Person
 - Anticipate Provocative Situations
 - Recognize warning signs: What sorts of thoughts, images, moods, and behaviors indicate that a crisis is developing. Write these down in your own words.

Notes:

Re-Define the Desired Outcome: Now that you have made choices of this stuff, you may benefit by returning to the top of this section and make any changes of those items that you have chosen. Sometimes upon reflection things can look different.

HOW DID YOUR CHOICES WORK OUT?

Notes:

II. ALREADY LOSING IT: DURING REACTIVE BEHAVIOR

Try the following Immediate De-escalation Interventions: choose a link below (to open the video push the control button+ click on the link or double click if you are using Apple computer)

- Slow and deep breathing
<https://www.youtube.com/watch?v=0YM-ijxWdXA>

- Self-Soothing Music
<https://www.youtube.com/watch?v=sDg9Nvk61pI>

- Walking Meditation
<https://www.youtube.com/watch?v=jcRTiIe0nLs>

- Call the NAMI Warmline – Speak with a Peer Counselor**
Dial: 1-714-991-6412, or 1-877-910-9276
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III. LOST IT: AFTER REACTIVE BEHAVIOR

Many Times after an emotional experience there is a window of opportunity to gain insight into yourself and to look with an objective view as to what caused the situation to gain momentum leading to losing your sense of balance. To achieve this why not go through Section I above for Haven't Lost It on Page 3.

Notes:

REVIEW OF OUTCOME GENII

Outcome Genii provides a Situation Assessment and the opportunity to explore various possible Desired Outcomes. This process also provides the opportunity to explore various interventions to de-escalate the situation as well as the possibility of developing a Safety Plan.

At any time during the process using Outcome Genii you may choose to Email a copy of OG to one of your support people. This will provide your support person to assist you to evaluate how you might choose to respond to the emotional situation.

Each application of the Outcome Genii can be stored on your computer by creating an OG Folder. File it by date.

Following Each Encounter you will be able to review your decision and the approaches you would take to your chosen outcome. If not satisfied with the outcome as anticipated, you will be able to go through the Outcome Section again and review the Potential Benefits and Potential Consequence of other possible choices. This will allow you to start to develop a repertoire of possible choices for future emotional encounters.

Of course the more you choose to use Outcome Genii will increase your familiarity with this program. It is my experience that at a certain point in using OG it not only becomes easier to use but it has the additional benefit of actually internalizing to your mind so that you will be able to access the program without having to open the OG file.

Contact Information:

To obtain a .docx copy of the interactive Outcome Genii Hardcopy to download to your PC or Laptop and to send Comments, Feedback and Questions, email me at: Jonathan@outfar10.com

To explore further adventures of Outcome Genii's engagement with the amazing challenges of living a balanced life, open up our website: www.outfar10.com. Of course your comments would be appreciated when you visit.