

# Emotional Ownership

Stop Buying Emotions That Weaken Your Leadership

*“You control what you think and what you feel. You are in control of your emotions.”*

The **Emotions For Sale** teaching helps you own your emotions.

This guide is designed to help you inspect what you feel, regulate what you carry, and choose what gets to shape your leadership.

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## THE R.A.R.E.™ FRAMEWORK

Use this framework to to lead your emotions before they start leading for you.

**R**

### Recognize

What emotion am I actually feeling?

**A**

### Assess

What triggered this? What story am I attaching to it?

**R**

### Regulate

What do I need so this emotion works for me?

**E**

### Express

How can I name this in a healthy, productive way?

## R.A.R.E.™ Reflection

Use these reflection questions to activate the R.A.R.E.™ Framework.

### 1 Recognize

What emotion have I been buying lately?  
Give the emotion, not the explanation

### 2 Assess

What triggered this emotion?  
Where has this emotion been showing up?

- My leadership, decisions, relationships, energy?
- What story have I been telling myself about it?

### 3 Regulate

What would help this emotion work for me instead of against me?

- I may need to:
- A stronger response would be:

### 4 Express

What do I need to admit, name, say, write, or release?

- To myself:
- To someone else, if needed:

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## Builder Action

Use these prompts to put your R.A.R.E.™ Reflection into action.

1. *This week, I am done buying....*
2. *This week, I am choosing to build....*

### DECLARATION

*This emotion may be present, but it does not get to own my leadership.*