

Self-Monitoring Guide

Source of negative emotion: _____

What do I feel about this person or thing?

Why do I feel this way?

When I encounter this person or thing, how will I probably react?

What are the probable results of my reaction?

Are these results positive or negative?

What do I want to have happen?

What do I have to do to make that happen?

Notes:

Source: Adapted from Marzano Research. (2016). Marzano compendium of instructional strategies. Centennial, CO: Author.