

Emotional Intelligence- SASHET

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The way that we react to situations generally falls into six categories known as SASHET. Keep a tally of each of these reactive emotions that you feel, asking yourself the following:

1. What emotion are you feeling?
2. What is the situation that triggered that emotion?
3. Was this a healthy way of reacting and interpreting the situation?
4. If your reaction was not healthy, what would you do differently?



Emotional Intelligence for Project Managers: The People Skills You Need to Achieve Outstanding Results (Mersino, 2007)