

5 Core Emotional Interests Worksheet

Core Emotional Interest	<ul style="list-style-type: none">• What Emotional Interests just triggered me?• What might be triggers for me in the next interaction?	<ul style="list-style-type: none">• What just triggered them?• What might be triggers for them in the future?
<i>Appreciation</i>		
<i>Affiliation</i>		
<i>Autonomy</i>		
<i>Role</i>		
<i>Status</i>		