

Tactical Thinking



Maintaining Emotional Control
in a Stressful Environment

Emotional Intelligence

Self Awareness

Understanding the feelings
you're experiencing



Self Control

Making choices about your
behavior based on your
understanding

Social Awareness

Recognizing the feelings others
are experiencing



Relationship Management

Acting appropriately based on
your feelings, other's feelings,
and the situation as a whole

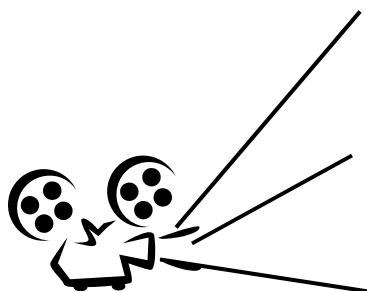
Adapted from [The Emotional Intelligence Quick Book](#)

Scale of 1 – 10?

- How important is emotional control for a law enforcement officer?



Movie Time...



Group Exercise

1. Each group draws a card.
2. Take the point of view of the person on your card.
3. Your group has 10 minutes to write a short response (2-4 paragraphs) from that perspective.
4. Someone from your group will read your completed response to the class.



Journal Reminder



- Write an entry about this exercise
- Which perspective was the hardest to write? Why?
- What will you do to make sure you're never featured in a video like this?