

## Back-Pocket Question or Statement Worksheet

### Handling the Unexpected with Gratitude

Back-pocket statements or questions help you shift to a state of gratitude and handle the unexpected. Prepare them ahead of time for triggers you've identified. Then, when stress arises, pull out your back-pocket prompt to stay grounded.

#### Step 1: Prepare Your Back-Pocket Questions

These are questions you ask yourself in the moment to reset. Find one that resonates with you and is important.

Examples:

- What am I grateful for about this situation?
- Will this matter in five years?
- What's the worst that can happen?
- What do I know for sure?
- What's the big picture here?
- What do I want and how can I help?

**My Back-Pocket Questions to try:**

#### Step 2: Prepare Your Back-Pocket Statements

These are quick responses you can use in real time while staying calm and measured.

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|--|---|
| • Thank you.   | • Help me understand why...                             |
| • Interesting.                                       | • Humor me—why might this be a bad idea?                |
| • I hear you.  | • Is there another perspective I'm missing?             |
| • Let me make sure I understand you—did you say ABC? | • What does [other person] think?                       |
| • Please say more.                                   | • Can I get back to you?                                |
| • Can we go back and explore more about ...?         | • There's something more here I can't put my finger on. |

**My Back-Pocket Statements:**

#### Step 3: Practice in Real Time

When stress arises:

- Try asking yourself one back-pocket question.
- Use one back-pocket statement if you want to stay in the conversation.
- Choose an action: do nothing, walk away, listen, respond, decide, or act.

**Tip:** If it's a virtual meeting, keep your back-pocket statements and questions on a sticky note that only you can see.