

## *Exercise: Your Emotional Command System Score Card*

After completing the Emotional Command System questionnaires, you may want to spend some time considering the implications this information holds for your life, your relationships, and the way you bid for connection. This exercise is designed to help you do that.

In the chart that follows, circle the word in the second column that describes your scores on the Comfort Level tests in each of the seven areas. This will help you to see at a glance how much (or little) you like to have each of the seven command systems activated in your life.

If you completed the questionnaires with another person (or if you imagined doing so), circle the word in the third column that describes how that person scored. In this way you can compare your comfort levels with those of your partner.

Finally, you can circle “yes” or “no” in the last column according to how you scored on the questionnaires that determined whether or not your current life is in sync with each of your emotional command systems. This may help you identify areas where you’d like to make changes in your life.

As you consider the information on this chart, you may also gain insights by answering the questions below. You may want to discuss your answers with someone close to you or write down your answers in your Emotion Log (see page 54).

Emotional command systems	Comfort level		Are you in sync with your system?
	Yours	Other's	
Commander-in-Chief	High	High	Yes
	Medium	Medium	No
	Low	Low	
Explorer	High	High	Yes
	Medium	Medium	No
	Low	Low	
Sentry	High	High	Yes
	Medium	Medium	No
	Low	Low	
Energy Czar	High	High	Yes
	Medium	Medium	No
	Low	Low	
Sensualist	High	High	Yes
	Medium	Medium	No
	Low	Low	
Jester	High	High	Yes
	Medium	Medium	No
	Low	Low	
Nest-Builder	High	High	Yes
	Medium	Medium	No
	Low	Low	

### Questions to consider:

- Which of your emotional command systems would you like to use more in your life?
- What changes would you need to make for this to happen?
- Which of your emotional command systems would you like to use less in your life?
- What changes would you need to make for this to happen?
- How are you different from others around you, in terms of the way you each use your emotional command systems? How are you the same?
- How might the recognition of these differences and similarities help your relationships?
- How do your differences or similarities affect the way you bid for connection with this person? How do they affect your responses? What changes could you make to improve this process?