

# EET DERT BRAINSTORMING EXERCISE



THOUGHTS, BELIEFS, & ACTIONS AREA

## EET DERT™

People are the business, we need to stick together and encourage each other. This simple exercise called EET DERT helps people deal with changes and helps increase hope for the future. It's effective for brainstorming and keeping teams connected. Creative ideas, positive mindsets and the value of each individual will help people & the business as restrictions finish. Start with this exercise now, use it and share it to help and encourage your team and other people.

Business, families and individuals use this exercise to help health and positively affect our community well-being.

The EET DERT™ exercise can be used after or during a challenging event.

- (E)vent/s that are challenging
- (E)motions that are negative about this event
- (T)houghts that are negative about this event

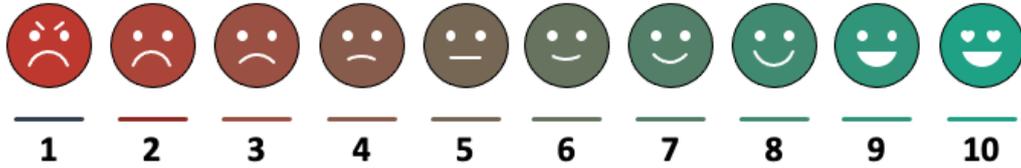
- (D)esired (E)motions / feelings you prefer to have as you go through this event
  - (R)equired (T)houghts to achieve these better emotions / feelings
- Write the beliefs, meanings & values that help you (see examples page)

**ACTIONS** - Let's get into action and do what we can.

*Disclaimer: This article and the EET DERT exercise in no way represents or suggests medical or psychological advice.*

# EET DERT BRAINSTORMING EXERCISE

It is very useful to know how you feel before you start this exercise.  
Considering the challenging event, how are you feeling now?



**(E) Event - Describe in one sentence this challenging event.**

Blank text area for describing the event.

**(E) Emotions / Feelings - Name three negative emotions you are currently feeling about this event.**

*(e.g. Worried, Hopeless, Frustrated, Annoyed, Overwhelmed, Confused, Angry, etc.)*

Blank text area for listing negative emotions.

**(T) Thoughts - List all the negative thoughts that are creating these negative emotions/feelings.**

Blank text area for listing negative thoughts.

# EET DERT BRAINSTORMING EXERCISE

## (D) Desired (E) Emotions / Feelings

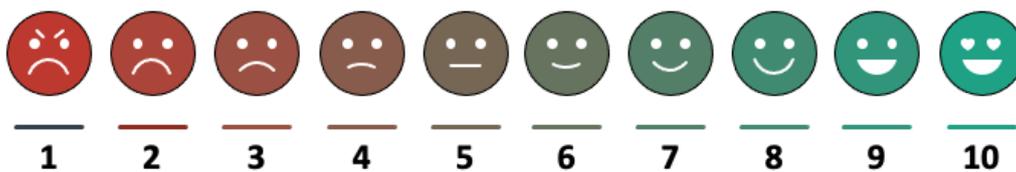
Wouldn't it be great to have better feelings during this time? Add some of your desired emotions / feelings here. How would you like to feel if you could.

(e.g. *Calm, Confident, Joyful, Excited, Peaceful, Hopeful, etc.*)

## (R) Required (T) Thoughts - List all the helpful thoughts that feel better and are realistic.

Thoughts drive emotions. What positive thoughts can you choose to line up with the desired emotions / feelings.

It is very important to know how you feel after this exercise.



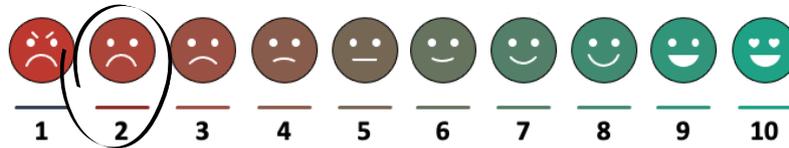
## Actions

What are some actions that I /we can take?

# EET DERT BRAINSTORMING EXERCISE

## EET DERT EXAMPLE

How I / we feel now:



**(E) Event** - No new sales / clients.

**(E) Emotions / Feelings** - We're chaotic and worried for the business.

**(T) Thoughts**

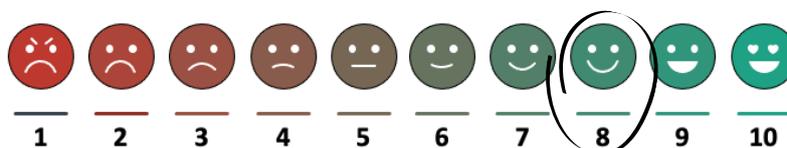
- We can't handle this, its been too long.
- What if no new sales come in soon?
- We don't really know what to do at this point.
- It's really hard and there's little budget to spend on this right now.
- It's so unclear where to go and what to focus on with the marketing.

**(D) Desired (E) Emotions / Feelings** - We want to feel calm and confident regardless of the situation.

**(R) Required (T) Thoughts**

- We can handle this and all will be ok as we keep focused on what can be done, more than the problems.
- We have been through tough times before and we will get through these times too.
- This is an opportunity to show that we will not fear and that will help others and myself to be better.
- The budget is not everything, a way will become clear as we brainstorm.
- We have faith that God will continue to look after us.
- As we continue to focus on the good things and restrict looking at media too much, we will keep more vibrant and that's better.
- It's so important to remain positive and hope-filled in these times and we will do that, it's all ok.
- We're ok with what happens, we will focus on what's in our control, and that's us.

How I / we feel now:



# EET DERT BRAINSTORMING EXERCISE

## Questions to Help Develop Desired Emotions & Required Thoughts

**(D) Desired (E) Emotions / Feelings** whilst going through the event.

- How would you prefer to be feeling about this if it was possible?
- What could you suggest to someone else regards to a better feeling in the face of this event?
- Whilst it's really hard, what is a realistic feeling right now, could you choose to feel Happy, Calm, Confident, Hopeful or something else?

**(R) Required (T) Thoughts**

Here's some questions to start you off.

- What do I/ we need to be thinking to get us into a better place?
- How important is what I/we think and say to ourselves and each other?
- What thoughts are best to have during this challenging time?
- What do I/we need to be thinking right now to get us into a better and more positive frame?
- How can we look at this event to be ok and move forward?
- What thoughts can I/ we have to help change the event or be okay?
- What possible good can come as I/ we go through this?
- If it was someone else or another business, what could I/we say to help them?
- How can I/ we use this event to our advantage?
- How interested am I/we to change and what would I/we need to think?
- How much do I/we value feeling more active and interested and what would I/we need to think to achieve that?
- What ideas do I/we have about our resources to help us in the event?
- If I/ we close our eyes, where do I/we see the possibilities?
- What can I/we say to keep us motivated whilst we look for more solutions?

**Actions**

- What can I/ we do to change or use this event to help us?
- What actions can I/ we take to move forward better?

[For donations, please click here and go to the end of the exercise.](#)

Thank you!

*Disclaimer: This article and the EET DERT exercise in no way represents or suggests medical or psychological advice. In no event will Team Culture and its related partnerships or corporations, or the partners, agents or employees thereof be liable to you or anyone else for any decision made or action taken in reliance on the information in this article or for any consequential, special or similar damages.*