RIVALSHOT ACADEMY · LEARNER JOURNAL

Leave the Argument: my journal

This journal is yours. Use it to notice your own patterns, rehearse words you can say out loud and plan how you will leave a situation that is going nowhere good. Write in general terms: describe situations and behavior, not real people's names, and never record addresses, access details or anything you would not want someone else to read. You can skip any prompt, pause at any time and come back later. Nothing here is graded, shared or saved by the course.

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Know your own fuse

List three everyday situations that heat you up faster than the facts deserve. What do they have in common?

What is the very first signal your body gives you when you start to get heated? Where do you feel it?

Practice the two-breath reset once today when nothing is at stake. What did you notice, and what question did you ask yourself?

Let them save face

Write an acknowledge-offer-exit sentence for a situation you meet often. Read it aloud. What would you change so it sounds like you?

Which phrase do you reach for when you are annoyed that tends to make things worse? What could you say instead?

Describe a time someone made it easy for you to back down. What did they say or do?

Tone distance time

Think of a place where you often stand when dealing with others or waiting in line. Where could you step to get more space and keep a clear way out?

Write one sentence you could use to buy two minutes without sounding dismissive.

Which of your own body-language habits (pointing, leaning in, fast speech, a fixed smile) would you most like

to soften, and how will you adapt the dials to your own body and voice?

When talking stops working

Describe, in behavior only, the point at which a disagreement would stop being a conversation for you.

Which of the three checks (distance shrinking, way out closing, words not helping) do you think you would notice first? Which might you miss?

Have you ever noticed yourself crossing the same lines: raising your voice, stepping forward or following someone who walked away? What was going on for you?

Exits staff and help

Complete your exit plan sentence: If ___ happens, I will say ___, go to ___ and tell ___.

For one place you visit or work in often, describe in general terms (no address) two ways out and where staff or help can be found.

If you work with the public: what agreed phrase or signal would bring a coworker over, and who would you ask to set one up?

Leaving is a win

Write a five-line after-action note about a tense moment, real or imagined: what you noticed, what you did, what helped, what you would change, who you told.

Finish this sentence in your own words: A good outcome for me next time is…

What story have you carried about walking away from an argument? What would you like the new story to be?

Looking back

Which single idea from this course do you expect to use first, and in what kind of situation?

Look back at your trigger map from lesson one. What has changed in how you understand your own fuse?

Who in your life, at home, at work or at the places you visit, could you share your exit plan with or practice your sentences with?

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