



# OOPS TO INSIGHT SCRIPTS

EF Skill Practice:  
Self-Awareness &  
Self-Monitoring

## HOW TO USE THIS TOOL:



We all have "oops" moments, times when we react instead of respond, when we say something we regret, or when we handle something in a way that doesn't match who we want to be.

This tool helps you turn "oops" into insight, without shame, without blame, just learning.

### The 3-Step "Oops to Insight" Process

#### **Step 1: Name It (Without Judgment)**

- What happened? Just the facts.
- Example: "I yelled at my kid when they spilled milk."
- Example: "I sent a frustrated email without rereading it."

#### **Step 2: Notice It (What Was Underneath?)**

- What was I feeling? (Tired? Overwhelmed? Scared? Frustrated?)
- What was happening in my body? (Tight chest? Racing thoughts? Jaw clenched?)
- What triggered that reaction? (What was the real issue?)

#### **Step 3: Learn From It (What Do I Need Next Time?)**

- What could help me pause next time?
- What do I need to feel more regulated?
- What would I do differently if I could redo it?



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## OOPS TO INSIGHT SCRIPTS YOU CAN USE



### For Yourself:

- "I reacted instead of responded. That makes sense, I was already overwhelmed. Next time, I need to take a break before I hit that point."
- "I said something I regret. I was feeling **[insert emotion]**, and I let it drive. Next time, I'll pause and ask, 'Is this helpful?'"

### For Your Kids:

- "Hey, I messed up. I yelled, and that wasn't fair. I was feeling really stressed, but that's not your fault. Next time, I'm going to take a breath first."
- "I didn't listen well just now. I was distracted, and I'm sorry. Let's start over, tell me again."

### For Your Partner/Colleague:

- "I reacted too quickly earlier. I was feeling **[insert emotion]**, and I didn't pause. I'm sorry. Can we talk about it now?"
- "I didn't handle that well. I was overwhelmed, and I let that affect how I responded. What I should have done was **[insert preferred action]**."