THE HIDDEN SIDES CHALLENGE

EMOMASTERS® LAB | A Brain-Ready Experience™

FIRST: The dice reveal! After watching the four colorful dice spin, which numbers were still hidden in our screenshots?

RED	**2**	GREEN	**2**
BLUE	**1**	YELLOW	**1**

2 + 2 + 1 + 1 = 6 hidden dots. (Based on the screenshots of the rotating dice.)

NOW FOR THE PLOT TWIST...

> People have hidden sides, too. When you deal with someone, you are not just dealing with what they say or do. You are also interacting with a nervous system - one that may be stressed, overwhelmed, alert, tired, or feeling safe. And you cannot see all of that from the outside.

Ever seen someone roll their eyes, snap, shut down, or say, “I’M FINE!” in a voice that suggests they are approximately zero percent fine?

SCRATCH-YOUR-HEAD MOMENT: “What on earth is going on with this person?!”

Here is the superpower: Get curious before you get certain. Behavior is a clue, not the whole story. You do not have to excuse hurtful behavior to respond with understanding.

YOUR TURN: THE HUMAN DICE DETECTIVE

Imagine someone says, “WHATEVER!” and walks away. Circle or write three possibilities that might be hidden underneath:

Tired / Embarrassed / Overwhelmed / Worried / Feeling misunderstood / Something else: _____

What did you first ASSUME was going on? _____

What else COULD be going on? _____

BONUS: What question could you ask that does not sound like an interrogation by the FBI?

My curious question _____

MISSION: OPERATION “HMM...”

Your assignment: Trade one automatic reaction for one curious response. No detective trench coat required.

ROUND 1 | THE MYSTERY

Choose a real-life situation: a child refuses to start, a friend stops replying, a partner sounds sharp, or someone gives you THE LOOK.

What did you SEE or HEAR? (Just the facts!) _____

What story did your brain immediately make up? _____

ROUND 2 | WHAT IS HIDDEN?

Write two possible things happening underneath. These are guesses, not diagnoses.

Possibility #1 _____

Possibility #2 _____

ROUND 3 | PICK YOUR SUPERPOWER RESPONSE

Which response is most likely to leave room for understanding?

A. “WHAT is your problem?!” (Bold strategy. Usually not a winner.)

B. “I can see something is going on. Want to tell me, or would a minute help?”

C. “Oh, so we’re doing THIS today?” (Cue dramatic soundtrack.)

My choice: _____ My own kinder, clearer response:

I could say _____

ROUND 4 | REAL-LIFE EXPERIMENT

> In your next tricky interaction: NOTICE the behavior. PAUSE your first assumption. WONDER what might be hidden. CHOOSE a calm, respectful response. You can still hold a boundary!

What happened when I tried it? _____

What might I try differently next time? _____

THE BIG REVEAL

You do not have to know what is hidden to remember that something may be hidden. That tiny shift can change how you respond - and may open the door to better relationships with children, teens, and adults.

LAB MANTRA: “I see the behavior. I stay curious about the person.”

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