

Critical Decision-making Models: CDM (on demand, in the moment, learning)

1. **EQ Framework** – The Map (SA, SR, SM, S²A, S²P)
2. **Most | Excite | Fear** – Inventory thoughts, emotions throughout the day, assess others
3. **T. = E. = A.** – Behavior based model incorporating thoughts and emotions
4. **3 Digit Code** (3 Dimensional) – Corrective Actions, Rapid Recovery
5. **Chatter (Regulation)** – Words and mental pictures flashing randomly
6. **Windows of Self Concept** – past, present & future chatter-regulation strategies
7. **Critical Advisors** (3 Digit Code) (TEA) – thoughts, philosophy, self-discipline, results
8. **Six Cylinder Theory** – Life balance, self-awareness, regulation and motivation exercise
9. **Word Clusters** – three to four adjectives enabling a specific task repeated frequently
10. **Good Boss / Bad Boss** – thinking brain centers (good boss), emotional (bad boss)
11. **Me-World / We-World** – Isolation strategy for personal and social skill applications
12. **DISC** – Personality Style (identifying, adapting, influencing)
13. **Maturity Metrics** – Nine (9) point accountability system (awareness & regulation) (self, others)