Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | Write an example of this type of situation. Describe the feeling you would feel in this situation. | How could you calm your body in this situation? | How could you think more clearly in this situation? (e.g. what optimistic thinking could you use?) | How could you solve the problem in this situation in a way that is still friendly? |
| When someone embarrasses you |  |  |  |  |
| When you feel you have been unfairly treated |  |  |  |  |

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| --- | --- | --- | --- | --- |
|  | Write an example of this type of situation. Describe the feeling you would feel in this situation. | How could you calm your body in this situation? | How could you think more clearly in this situation? (e.g. what optimistic thinking could you use?) | How could you solve the problem in this situation in a way that is still friendly? |
| When someone has been rude or mean to you |  |  |  |  |
| When you feel like you have no say in a big decision that affects you |  |  |  |  |