
Worksheet 5.1 Learning About Your Reactions

1. As I walked over to talk to this person I would think . . .

“He’ll/She’ll think . . .” “I’m going to . . .”

2. As I consider talking with this person, I would feel the following physical symptoms:

3. If someone were observing me they would see:

4. If I were thinking these thoughts and acting this way, I would feel:

(Guilty, ashamed, embarrassed, angry, frustrated . . .)
