

Name:

2.3

APPLYING

During the next few days observe a situation that causes you to react negatively. Use this handout to help you respond positively to your negative situation.

Identify your emotions.



Identify the thoughts you are having that are causing you to respond this way.



Decide what you can and cannot change.



Choose a positive way to react.



Think of something positive you can learn from the situation.

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PRACTICING

Work with your group to discuss one of these situations. Use the how to react positively to negative emotions process to describe “how you would take a negative emotion” and respond in a positive way.

SITUATION 1

You apply for a job for the summer after you graduate from high school but do not get the job.

SITUATION 2

Your sibling is getting married, and you are giving a speech.

SITUATION 3

Your boyfriend or girlfriend breaks up with you a week before prom.

SITUATION 4

You need to pass every class to graduate, but your math teacher tells you that you are not doing well in math class and really need to pick up your performance.