

Processing a Reaction

Event

Briefly describe the event.

__A man kicked a dog._____

Feeling

What am I feeling? (annoyance, irritation, frustration, anger, rage, powerlessness, grief, anguish, fear, anxiety, worry)

__Anger_____

Judgment

What judgment did I have toward the person? (i.e.: When he kicked the dog he was ... **one or two words only**)

__Vicious_____

Projection

How am I like the other? (be specific, list both thoughts, desires and actions. Remember you will never be exactly like the other. Be careful of justifying, minimizing, or rationalizing your behaviour as being better than the other.)

___When I am critical of others I can be quite vicious in my words._____

Discovery

What did I discover about myself?

___I too can be vicious._____

Integration

Score the degree of acceptance (circle). -5 **(-4)** -3 -2 -1 0 +1 +2 +3 +4 +5

Plan

What do I need to do in response to this event? (speak to the other, change my behaviour, take an action)

___I will call the SCPA._____

What do I need to do in response to my discovery? (change my behaviour, apologize)

___I will apologize to my friend for my vicious words_____

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What do I need to do in response to this event? (speak to the other, take an action)

What do I need to do in response to my discovery? (change my behaviour, apologize)
