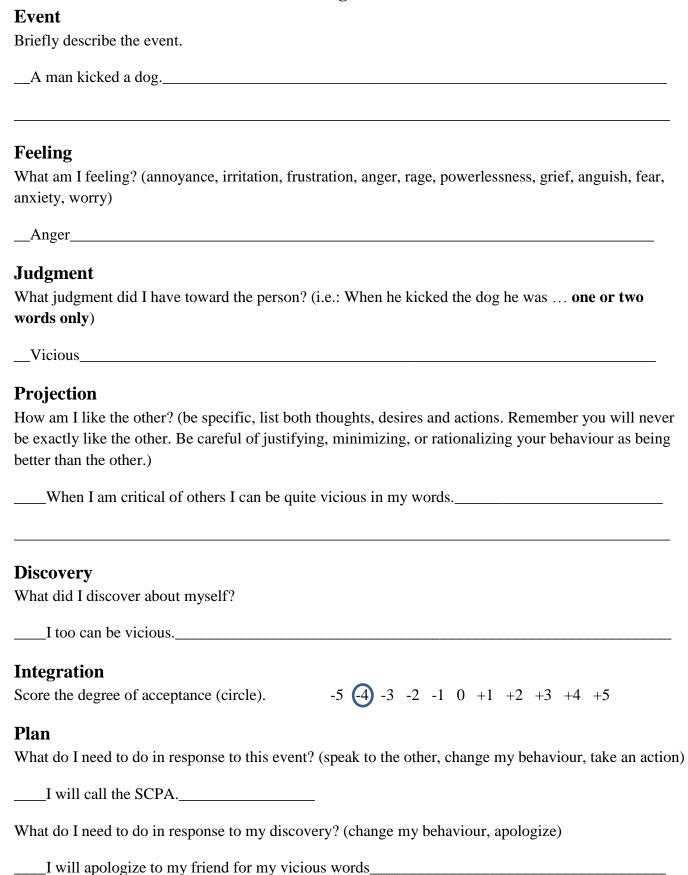
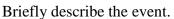
Processing a Reaction



Processing a Reaction





Feeling

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

Judgment

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

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.)

Discovery

What did I discover about myself?

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, take an action)

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