Self-Awareness / Awareness of Others

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|  | Situation | I feel… | I might behave in this way… | Other people might… |
| 1 | When I first join a group |  |  |  |
| 2 | When I work on my own |  |  |  |
| 3 | When someone doesn’t like me |  |  |  |
| 4 | When someone criticises me |  |  |  |
| 5 | When someone praises me |  |  |  |
| 6 | When I am given a responsibility |  |  |  |
| 8 | When I receive bad news |  |  |  |
| 9 | When someone cries in front of me |  |  |  |
| 10 | When someone tells me what to do |  |  |  |
| 11 | When I can’t do something |  |  |  |
| 12 | When a situation gets out of my control |  |  |  |
| 13 | When I think someone is trying to trick or fool me |  |  |  |
| 14 | When someone is aggressive or violent towards me |  |  |  |