



## Assignment 2.2: Examine Your Reactions to Situations

30 minutes (16 marks)

Complete each of the following statements based on how you would react to the given situations. For each of your reactions, provide examples of statements (representing self-talk, affirmations, or visualization) that you might use to help deal with your feelings and emotions as you strive to be successful. A few examples are provided.

Statement	Reaction	Positive Response
When I do a bad job, I...	<i>I don't tell anybody and I hope no one will notice.</i>	<i>"I can do this and will try again."</i>
When someone criticizes me, I...	<i>I cry or sulk.</i>	<i>"I accept the criticism and see if I can learn something from it."</i>
When other people laugh at me, I...		
When I make an error, I...		
When I don't fit in, I...		
When I'm unhappy, I...		
When I'm lonely, I...		
When I feel embarrassed, I...		
When I feel angry, I...		
When I feel stressed, I...		