THE BE-KIND-TO-OTHERS WORKSHEET

Directions: Answer the following and discuss before watching TV, using the telephone, or other activity.

1. When I said: __________________________ I was (mark all that apply):
   - Blaming
   - Criticizing
   - Threatening
   - Accusing
   - Generalizing
   - Giving an order or command
   - Showing little concern of other’s needs
   - Showing unwillingness to compromise or find solutions
   - Insulting, name calling, mocking, being sarcastic
   - Other:

2. When I said the above comment, I was probably feeling:
   - Tired
   - Rushed
   - Impatient
   - Other

3. When I said the above comment, others probably felt:
   - Angry
   - Hurt
   - Sad
   - Rejected
   - Scared
   - Frustrated
   - Shocked
   - Other:
   . . . and they are not likely to want to (check all that apply):
   - Do the following for me: _______________________________________
   - Help me: ____________________________________________________
   - Other:

4. Instead of making the above comment, I could have said:

5. I would have been less likely to make the above comment if others had approached me by saying:

6. If others say I made the above comment and I deny it, the following are possible:
   - Being corrected makes me feel bad.
   - I have an evil twin.
   - I am not aware of my words and behavior.
   - Others are hallucinating.
   - I am trying to avoid dealing with it.

7. When I don’t admit mistakes I make, others feel:
   - Frustrated
   - Angry
   - Confused
   - Distrustful
   - Other:

8. When I admit mistakes, others feel:
   - Relieved
   - Trustful
   - Proud of me
   - Other: