Handout: Things are not always as they seem

Exercise Code: SLINTEGRA044

Think of a time that you jumped to a conclusion and said or did something you regretted.

Knowing the truth helps us to make better choices. In the space below describe the

* Trigger event (what happened)
* Reference (how you incorrectly evaluated the situation)
* Unhealthy response (what you did or said that you now regret)
* Truth (what was really going on)
* Healthy response (what you can do)

Trigger Event (what happened):

Reference (how you incorrectly evaluated the situation):

Unhealthy Response (what you did or said that you now regret):

Truth (what was really going on):

Healthy Response (what you can do)