

---

# EXERCISES CHARTS





**My typical thought/  
statement/ response?**

 .....

 .....

 .....

 .....

 .....

 .....



**What else would be  
possible to think/say/do?**

 .....

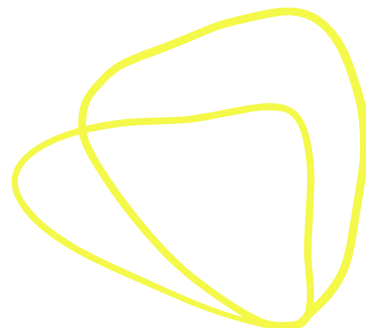
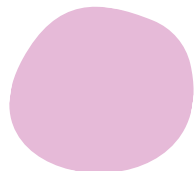
 .....

 .....

 .....

 .....

 .....



**Situation**  
Describe a specific situation, in which you feel e.g. fear, anger, rage (what happened, what was the context, what led to it?)

**situation,  
in which you feel e.g.  
fear, anger, rage (what  
happened, what was  
the context, what led to  
it?)**

**Feelings**  
Identify (recognize the emotions experienced and name them), e.g. sadness, helplessness, hopelessness, happiness

**sadness, helplessness,  
hopelessness, happiness**

**Thoughts**  
**What do you think**  
**about this**  
**particular**  
**situation?**

**What do you think about this particular situation?**

## Types of emotions

What do you think about this particular situation?

HAPPINESS



.....  
.....

ANGER



.....  
.....

HARM



.....  
.....

FEAR



.....  
.....

GLOOM



.....  
.....



**PASSIVE/SUBMISSIVE**

**ASSERTIVE**

**AGGRESSIVE**

## **BEHAVIORS ARE CHARACTERIZED BY:**

- Hiding the emotions you are experiencing
- Not communicating your needs to others
- Sacrificing you own beliefs
- Excessive experience of shame, fear, guilt in a social situation
- Isolating yourself from the group
- Lack of confidence
- Keeping to explain yourself

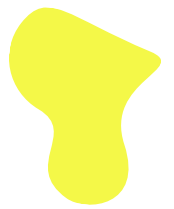
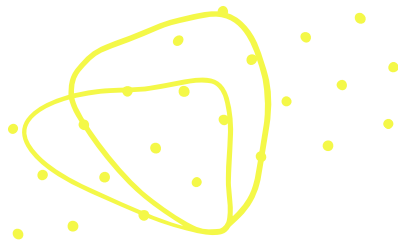
- Being honest and respecting other people's feelings
- Distinguishing facts from opinions
- Constructive criticism
- Using empathy in contact with others
- Self-confidence
- Respect for the needs and boundaries of oneself and of other people

- Honesty that can hurt others
- Attacking other people
- Excessive criticism
- Asking intimidating questions
- Giving orders
- Blaming others for what happened
- Excessive control
- Self-confidence and belief that you are infallible

**Rights and needs of others are more important than mine**

**Everyone's rights and needs are equally important**

**My rights and needs are the most important**



I feel comfortable meeting new people

YES/NO

I can say "no" to others without feeling guilty or anxious.

YES/NO

I can express anger, frustration and disappointment without being aggressive.

YES/NO

I have no problem asking others for help.

YES/NO

Studying paralyzes me.

YES/NO

I can admit to making mistakes, I am able to learn from failures.

YES/NO

I stick to my opinion, even though others think differently.

YES/NO

I can show anger or disappointment without blaming others.

YES/NO

I have no problem with delegating tasks to others.

YES/NO

I can express my opinion honestly to others, even when they disagree with me.

YES/NO

I can talk about my beliefs without judging those with whom I disagree.

YES/NO

I value my experience and my knowledge.

YES/NO

UNIMPORTANT

IMPORTANT

Urgent

Not urgent

DO IT IN THE  
FIRST PLACE

PLAN IT

DELEGATE  
OR SAY "NO"

LIMIT IT



The image features a vibrant, abstract watercolor background with various colors including light blue, yellow, orange, red, and green. A large, semi-transparent white circle is centered on the page, serving as a backdrop for the text. The text "FINAL GOAL" is written in a bold, black, sans-serif font, centered within the white circle.

**FINAL GOAL**



=====

=====

WHAT CAN  
HELP ME?



WHAT DO  
I NEED?

WHAT MAY STAND  
IN MY WAY?

=====

HOW TO  
GET IT?

=====

HOW WILL I  
HANDLE IT?

=====

=====