

DOWN DEEP I GET MAD, SAD, GLAD, OR SCARED WHEN PEOPLE . . .

A. 1. THINK THAT I DO NOT LIKE THEM BECAUSE I AM . . . OR I DO . . .

LO 0 1 2 3 4 5 6 7 8 9 10 HI

2. TOUCH ME WITHOUT MY PERMISSION

LO 0 1 2 3 4 5 6 7 8 9 10 HI

3. ASSUME THAT I FEEL . . . AND ACT AS THOUGH THAT ASSUMPTION IS TRUE

LO 0 1 2 3 4 5 6 7 8 9 10 HI

B. 1. ACT LIKE I AM EXCLUDING THEM BECAUSE I AM . . . OR I DO . . .

LO 0 1 2 3 4 5 6 7 8 9 10 HI

2. TELL ME TO GO AWAY FROM A GROUP THAT IS TALKING AND VISITING

LO 0 1 2 3 4 5 6 7 8 9 10 HI

3. "HOVER" ABOUT MY FEELINGS OF BEING "OK" HERE

LO 0 1 2 3 4 5 6 7 8 9 10 HI

C. 1. WILL NOT SPEAK UP WHEN THEY FEEL HURT BY SOMETHING I HAVE DONE

LO 0 1 2 3 4 5 6 7 8 9 10 HI

2. INCLUDE ME WITH OUT ASKING OR OTHERWISE TAKE ME FOR GRANTED

LO 0 1 2 3 4 5 6 7 8 9 10 HI

3. BEND OVER BACKWARDS TO BE "FAIR" TO ME WITHOUT MY PARTICIPATION

LO 0 1 2 3 4 5 6 7 8 9 10 HI

1. WHAT DO YOU DO WHEN THAT HAPPENS ? WHAT DO YOU THINK ? HOW DO YOU FEEL ?
2. WERE YOU TAUGHT TO DO THAT, OR DID YOU DECIDE TO DO THAT ON YOUR OWN ?
IF TAUGHT – WHO TAUGHT YOU? - IF YOU DECIDED – WHEN/WHAT WAS THE SITUATION?
3. WOULD YOU SAY YOUR BEHAVIOR IS PASSIVE, ACTIVE, POLITE, REQUIRED, NICE, NASTY, SWEET, ETC. ?



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.