

Appendix 4

Looking for a way out of a difficult situation - worksheet

Think about a situation in which you have experienced mistreatment from peers (heckling, detraction, another situation). Write down what your problem is and make a list of solutions that occur to you. Think about the negative and positive effects of each solution and write them down. When you're done, look at your list and, taking everything into account, choose the best solution to your problem.

My trouble/conflict situation:		
What could/could I do?	Positive consequences	Negative consequences

Inspiration: Paul Scallard. Feeling as you think. Practical application of cognitive-behavioral therapy in work with children and adolescents. ZYSK I S-KA Publishing House. Poznan, 2006.