

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):
[inappropriate comment child made]

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Blaming | <input type="checkbox"/> Giving an order or command |
| <input type="checkbox"/> Criticizing | <input type="checkbox"/> Showing little concern of other's needs |
| <input type="checkbox"/> Threatening | <input type="checkbox"/> Showing unwillingness to compromise or find solutions |
| <input type="checkbox"/> Accusing | <input type="checkbox"/> Insulting, name calling, mocking, being sarcastic |
| <input type="checkbox"/> Generalizing | <input type="checkbox"/> Other: |

2. When I said the above comment, I was probably feeling:

- | | |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> Tired | <input type="checkbox"/> Annoyed |
| <input type="checkbox"/> Rushed | <input type="checkbox"/> Other |
| <input type="checkbox"/> Impatient | |

3. When I said the above comment, others probably felt:

- | | |
|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Scared |
| <input type="checkbox"/> Hurt | <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Shocked |
| <input type="checkbox"/> Rejected | <input type="checkbox"/> 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:

- | |
|---|
| <input type="checkbox"/> Being corrected makes me feel bad. |
| <input type="checkbox"/> I have an evil twin. |
| <input type="checkbox"/> I am not aware of my words and behavior. |
| <input type="checkbox"/> Others are hallucinating. |
| <input type="checkbox"/> I am trying to avoid dealing with it. |

7. When I don't admit mistakes I make, others feel:

- | |
|--------------------------------------|
| <input type="checkbox"/> Frustrated |
| <input type="checkbox"/> Angry |
| <input type="checkbox"/> Confused |
| <input type="checkbox"/> Distrustful |
| <input type="checkbox"/> Other: |

8. When I admit mistakes, others feel:

- | |
|--------------------------------------|
| <input type="checkbox"/> Relieved |
| <input type="checkbox"/> Trustful |
| <input type="checkbox"/> Proud of me |
| <input type="checkbox"/> Other: |