

What happened?

My boss walked passed my desk and didn't say hello to me.

Initial Feelings

Emotionally

Anxious

Intensity level: 7

Physically

Tight Chest

Short Breath

Clenched Jaw

Unhelpful Patterns

Thought Patterns

Catastrophising

Initial thinking

I think my boss is mad at me and they are...

A better alternative

Maybe they are busy, or they had...

Behaviour Patterns

Avoiding

Initial behaviour

I am not going to go near them today.

A better alternative

I should go and ask if they are okay...

Advice to a friend

I think you should go over to your boss and say hello and ask how they are.

Feelings Afterwards

Emotionally

Anxious

Now: 3 (Was: 7)

New Feeling

Relaxed

Intensity level: 6

You did an amazing job!

