SELF AWARENESS WORKSHEET

1. What happens to your body when you feel anxious or threatened?
2. What do you tell yourself when you feel anxious or threatened?
3. What do you do when you begin to feel threatened?
4. What are some of the things other people do that make you feel uneasy?
5. Are there certain people or groups of people that make you feel uncomfortable?
6. What do you think you need to learn to be safe and effective in dealing with angry, aggressive, combative people?