

MANAGING NEGATIVE EMOTIONS

Directions: Learning to manage negative emotions can help you get along better in life. Fill in the boxes on the left with four steps to use in controlling emotions. Then choose a negative emotion that is sometimes a problem for you (examples are anger, fear, hatred, sadness, and frustration). In the boxes on the right, explain how you would use the four steps to manage the emotion you have selected.

Steps for Managing Negative Emotions	Using the Steps in Your Life
1. <div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
↓	↓
2. <div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
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3. <div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>
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4. <div style="border: 1px solid black; height: 80px; width: 100%;"></div>	<div style="border: 1px solid black; height: 80px; width: 100%;"></div>

◇ Chapter 17: Section 2
Develop a Positive Attitude

Reteaching Activities

CHANGING YOUR ATTITUDE

Part I Directions: In the chart below, list four benefits of positive thinking.

BENEFITS OF POSITIVE THINKING	

Part II Directions: Complete the web below by naming seven actions a person can take to develop and maintain a positive attitude.

