

## **EXERCISE – Playing it Safe**

Take some time now to complete the following worksheet. We'd like you to think about all the different ways that you play it safe. How do you keep in your comfort zone? How do you protect and stop yourself from getting hurt? What do you do to stop others seeing the soft, spongy, vulnerable bit of you?

### **PLAYING IT SAFE WORKSHEET**

<b>In what ways you do play it safe?</b>	<b>What thoughts and feelings does playing it safe protect you from?</b>	<b>How does playing it safe impact on you being Active?</b>

## STANDING UP FOR YOUR VALUES WORKSHEET

***What was the legitimate need that you were expressing ineffectively through anger? (Perhaps if someone was short with you in a meeting the legitimate need might be “I need to feel like I am being listened to”)***

***Next – like at the start of the chapter – make a note of the values that your anger was defending; the values that felt as if they were coming under attack***

***Now, armed with this information, and bearing in mind the kind of person you want to be and the impact you want to have on others, speculate about some other ways that you could have responded in this situation: ways that might get your needs met whilst avoiding anger behaviours.***

**Worksheet: Taking the perspective of another**

	<b>Name:</b>	<b>Name:</b>	<b>Name:</b>
What do you have to say about the situation that is worrying (your name)? Is there anything they may have missed?			
What would you suggest to (your name) to help them cope with the situation?			
What would you suggest that (your name) could do to take one small step towards a life that feels more fulfilling and meaningful?			