

Making the Connection

Part One

Instructions: Read the following scenarios and identify the feelings that may result from the self-statements.

SCENARIO 1:

You've had a rather long and tiring day at work where you were helping a colleague move boxes of stationery and office equipment. You arrive home to find the front door ajar and two sets of muddy footprints (your son's and his dog's) on your cream-coloured carpet leading from the front door all the way to the back door.

A) You say to yourself:

"What! N@!^#*M!! I've had such a tiring day at work and now I come home to this!!!! What have I done to deserve this! We just had the carpet cleaned last week! That naughty boy! All he cares about is himself! That inconsiderate, selfish brat! I'm gonna ground him for 2 years!!!"

Possible Feelings:

B) You say to yourself:

"I've told him a thousand times not to bring the dog into the house and he never listens to me. My kids don't obey even the simplest instructions. I must be the worst mother in the world. If I can't even get this right, I must be a terrible failure."

Possible Feelings:

SCENARIO 2:

One evening, your parents ask you to go over to their house for dinner. As you arrive, you noticed that it was all dark and there were no lights on. You knock on the door and ring the doorbell but no one comes to answer the door. You turn the doorknob and find that the door is unlocked. You step in and find that the house is in total darkness. Suddenly, you hear a chorus of voices shouting, "Surprise!" The lights come on and you see a group of your friends and relatives singing "Happy Birthday" to you.

You say to yourself:

"Wow! I didn't even remember that it was my birthday! What a really nice surprise! Hey, even uncle James and aunt Bertha came and they live in the country! Everyone must think I'm pretty important to throw me this party!"

Possible Feelings:

Part Two

Instructions: Read the following scenarios and now fill in the self-statements that lead to the feelings experienced.

SCENARIO 1:

You arrive home to find a note from your flatmate telling you that they have moved out. You look around and find that everything that belongs to them is gone. Moreover, their share of the rent has not been paid.

A) You say to yourself:

Feelings:

Angry

B) You say to yourself:

Feelings:

Hurt

SCENARIO 2:

You just finished cooking dinner for you and you partner. Your partner calls to say that he/she will not be home for dinner because he/she has to work late.

A) You say to yourself:

Feelings:

Disappointed

B) You say to yourself:

Feelings:

Concerned