



If you're having a difficult time creating relationships, perhaps your behavior is playing a part. Let's see if we can come up with some good suggestions to help make your relationships more successful.

Place a ✓ next to the choice you like best.

1. If I were getting overly excited and loud, I might choose to do the following:

_____ I could lower my voice if I started to feel my level of excitement rising.

_____ I could stomp my feet, throw a pencil, and cry.

2. If I were having trouble taking turns in a group, I could choose to do the following:

_____ I could stop working with or playing with the group.

_____ I could try to remember how nice it feels when I get to take a turn.

3. If I were being disruptive by making silly noises, I could choose to do the following:

_____ I could concentrate on what I was supposed to be doing, which would help me to forget about making inappropriate noises.

_____ I could sit in the corner on my own, talking to myself.

4. If I were making fun of other people, I could choose to do the following:

_____ I could stand up and make faces at everyone in the room.

_____ I could imagine what it would feel like to have someone make fun of me.

5. If others felt uncomfortable around me, I could choose to do the following:

_____ I could ask those people why they felt that way about me. If it is a good reason, I could try to make some positive changes.

_____ I could just walk away and not care about ever having any friends.