

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## S.A.S

(self-assessment sheet)

Was there a "TRIGGER"? What was the situation that UPSET YOU?

Where were you? \_\_\_\_\_

Who was there? \_\_\_\_\_

BRIEFLY - Tell us what happened? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What were you THINKING? \_\_\_\_\_

\_\_\_\_\_

How UPSET were you? Circle one:

1	2	3	4	5
Very upset	Really	Moderately	Mildly But still ok	Not at all

What did you DO? How did you handle this situation?

\_\_\_\_\_