

<b>Situation:</b>	You've had a bad day, feel fed up, so go out shopping. As you walk down the road, someone you know walks by and, apparently, ignores you.	
	<b>Unhelpful</b>	<b>Helpful</b>
<b>Thoughts:</b>	He / She ignored me - they don't like me	He / She looks a bit wrapped up in themselves - I wonder if there is something wrong?
<b>Emotional Feelings:</b>	Low, sad and rejected	Concerned for the other person
<b>Physical:</b>	Stomach cramps, low energy, feel sick	None - feel comfortable
<b>Action:</b>	Go home and avoid them	Get in touch to make sure they are OK