

Hassle Log

Name \_\_\_\_\_ Date \_\_\_\_\_ am/pm

1. Where were you? (Circle where the trouble happened.)

classroom	school bus	neighborhood
hallway	special	friend's house
lunchroom	home	gym
on the way home from school	other _____	

2. What happened? (Circle what happened.)

Somebody teased me.	Somebody called me a name.
Somebody took something of mine.	I did something wrong.
Somebody told me to do something.	Somebody started to fight.
Other: _____	

3. Who was that somebody? \_\_\_\_\_

4. How did you feel? (Circle how you felt.)

embarrassed	angry	hurt	guilty
ashamed	jealous	happy	surprised
sad	upset	other: _____	

5. How strongly did you feel? (Circle how strongly you felt.)

not so much      a little      a lot      a whole lot      too much

6. What did you do?

hit back	told an adult	broke something
ran away	walked away calmly	ignored the person
yelled	talked it out	used "Keep Calm"
cried	told my friend about it	used "Be Your Best"
other: _____		

7. How did you handle yourself? Poor    Okay    Good    Great

8. What would you do next time?

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