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| Situation: | 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. | |
| | Unhelpful | Helpful |
| Thoughts: | 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? |
| Emotional Feelings: | Low, sad and rejected | Concerned for the other person |
| Physical: | Stomach cramps, low energy, feel sick | None - feel comfortable |
| Action: | Go home and avoid them | Get in touch to make sure they are OK |