

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