LESSON 3 WORKSHEETS

Fill in the left column.

Table 3-1. Rating Nicole's traits

	• Angry and cussing; stressed out
	• She feels that her status as a single Mom comes with special treatment
	• Rude toward the officer
	• Disrespectful toward the officer
	• Her self-talk reveals her discontent (remind them)
	• She has little hope that things will get better
	• She judges the officer to lack integrity
	• No forgiveness here
	• Full of strife from many directions

Fill in both columns

Table 3-2. Rating Joe's traits

Trait No	Corrective Action Needed

Table 3-3. Identifying corrective actions for Joe

Trait No	Corrective Action Needed