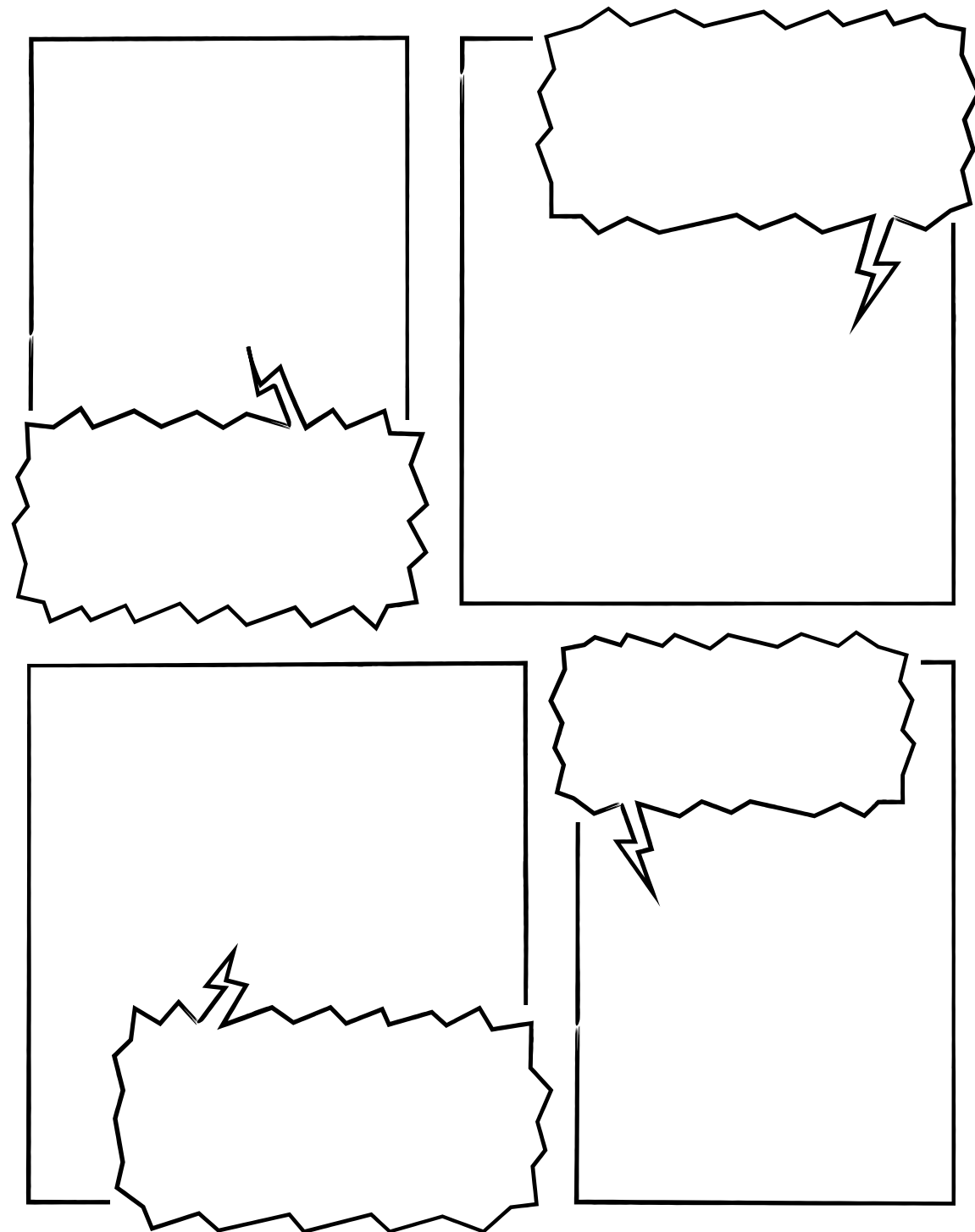


Bad day or good day?

Activity

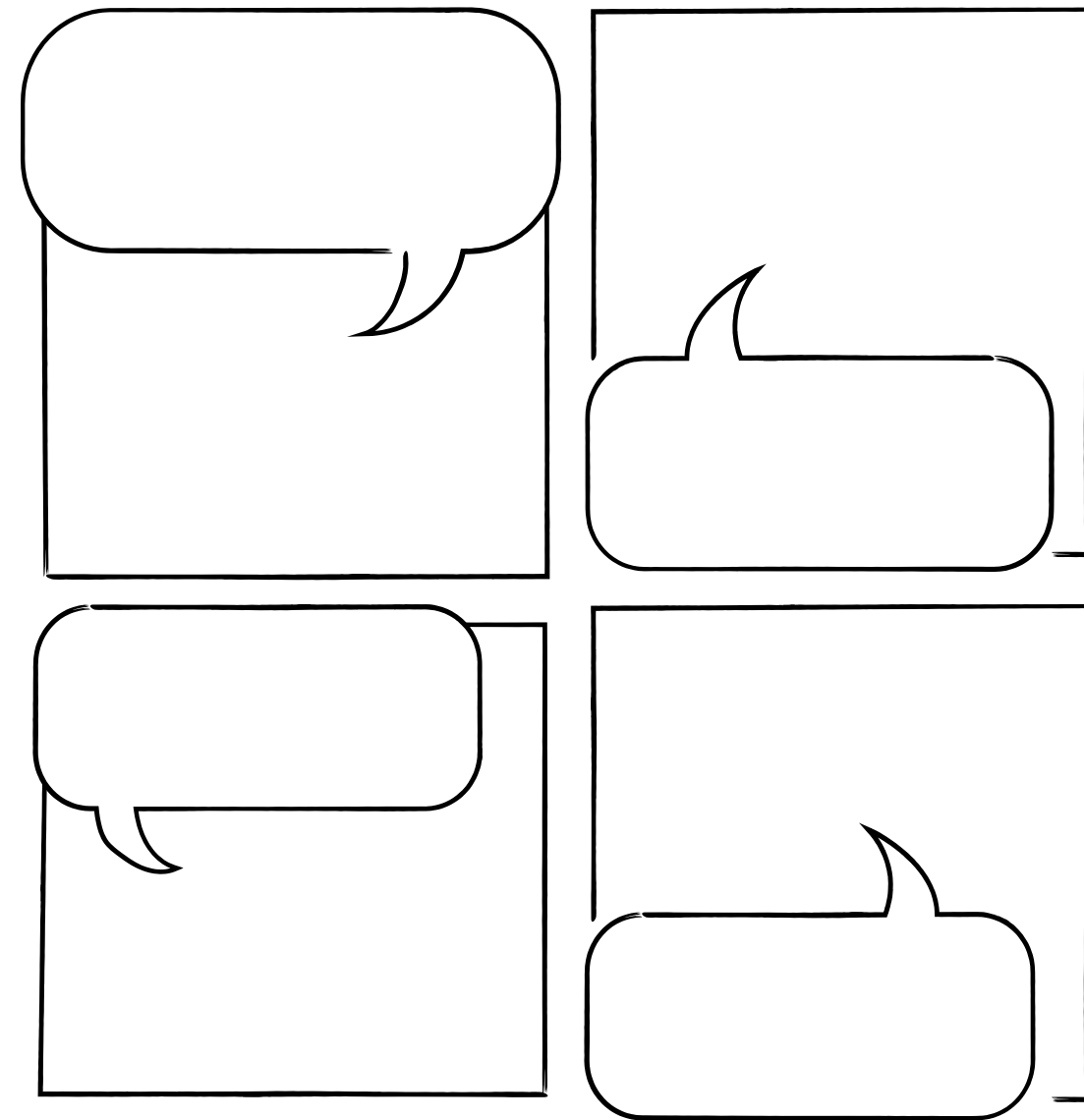
Think about a time when you had an argument or disagreement with someone.
Draw the story of what happened and who said what.



Bad day or good day?

Activity

Now think about a time when you had a good conversation or made an agreement (maybe even with the same person?)
Draw that story...



What was different? What was different about the way you spoke or acted? What was different about the way the other person was? What could you try next time you have a difficult conversation? How could you keep your interactions with this person good or positive? Use the notes section of your journal to write down your ideas.

P.S. There's more help on dealing with tricky situations in the Start Bouncing section of the Bounce Back website: www.bouncebacknewham.co.uk