# Skill-Building Challenge Worksheet: Practicing Emotional Control

Name: Blank Class: Blank Date: Blank

Look over the three scenarios shown in the following chart. For each scenario, identify a strategy that the person could use to help control their emotions and then explain how that strategy might affect the outcome. An example is provided for you. Once you have completed the scenarios, describe a situation you have been in where you did not use good emotional control. Identify a strategy you could try next time you are faced with a similar situation.

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| **Scenario** | **Strategy** | **Possible outcome** |
| Julia was so mad at her friend she could feel her body get tense, and she just wanted to hit or break something. | Julia could take a deep breath and count to four before she responds. | Julia might feel her body relax, and she might be able to avoid doing something impulsive. |
| Marcus can tell he is mad at his friend, but he is trying to keep it hidden so that their friendship won’t be hurt. His anger is making him impatient with others. |  |  |
| David’s home life is hard. His brothers fight all the time, and he feels angry when he hears the way they talk to each other. |  |  |
| Kwan accidentally typed the wrong word in a post, and her friends are all making fun of her. She feels stupid and is mad at herself for looking foolish. |  |  |

**STEP 2:** Get with a partner or a small group according to your teacher’s instructions. Share your scenario and the possible outcome with your partner or group. Talk about each scenario to determine if a different strategy could be used and what the possible outcome might be.

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**STEP 3:** Use the space on this page todescribe a situation you have been in where you did not use good emotional control, and identify a strategy you could try next time you are faced with a similar situation.