CHECKLIST Who's at My Table?

Tick each killjoy that showed up at one of your good moments in the past week. Then circle your regular, the one you see most, and one occasional visitor.

- ☐ The Buzzer: I check my phone during good moments.
- ☐ The Yes-But Cousin: I add a "but" to good news, mine or other people's.
- ☐ The Shoe-Watcher: When things go well, I start waiting for something to go wrong.
- ☐ The Measuring Tape: I compare my home, family or weekend with other people's.
- ☐ The Clock-Watcher: My mind jumps to the next job before this moment is over.
- ☐ The Shrugger: I wave off compliments and thanks.

My regular: _____

Where it shows up most (dinner, weekends, holidays, the phone, visits): _____

My swap for it: _____

My occasional visitor and its swap: _____

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