WORKSHEET Instead of This, Try This

Read each pair. Tick the ones you want to practice, and write your own version on the line underneath.

☐ Someone gives you a vague "We need to talk."
Instead of: "What did I do?"
Try: "Sure. What's it about, so I can be ready?"

My version: _____

☐ A coworker corrects you in front of others.
Instead of: "Well, nobody told me that."
Try: "Thanks for catching that. Can we go over the details after the meeting?"

My version: _____

☐ A friend jokes at your expense.
Instead of: forcing a laugh and stewing later.
Try: "Ha. That one stung a little, actually."

My version: _____

☐ Someone snaps at you while they're clearly stressed.
Instead of: "Don't talk to me like that!"
Try: "Sounds like a rough day. I'll check back in a bit."

My version: _____

☐ You get a short reply to a long message.
Instead of: "Is something wrong?? You seem upset."
Try: waiting a day, then picking up the topic normally.

My version: _____

☐ Someone repeats a comment you've already asked them to stop.
Instead of: "You ALWAYS do this."
Try: "I asked you before not to joke about that. Please stop."

My version: _____

☐ You aren't sure what a comment meant.
Instead of: assuming the worst and replying to that.
Try: "When you said that, did you mean the deadline or the format?"

My version: _____

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