

Webseries



CHEAT SHEET

Advanced | Using Good Judgment | Lesson 1



CHOCOLATE ZOMBIES

EMOTIONS AND REACTIONS EXPLORED IN THIS VIDEO

 SHAME	Come up with a Plan	Know Your Limits
 IRRITATION	Socialize	Ask for Help

WHAT I NEED TO REMEMBER

1. It is hard to use good judgment and set limits on something you love to do.
2. Asking others to help you respect the limits that have been set is a good strategy.
3. Coming up with a plan is another good strategy.
4. Distracting yourself with something fun, like socializing, can also help you respect the limits that have been set.