

Webseries



CHEAT SHEET

Advanced | Adapting to Change | Lesson 1



NEW TEACHER, NEW RULES

EMOTIONS AND REACTIONS EXPLORED IN THIS VIDEO

 ANXIOUS	Trying to control everything	Making a big deal	BEST CHOICE Letting go and accept things
 FRUSTRATED	Losing your temper	Fooling around	BEST CHOICE Expressing how you feel

WHAT I NEED TO REMEMBER

1. Everything changes and it's okay to find that hard sometimes.
2. Letting go and accepting change can help you feel more confident and see things in a positive light.
3. People are much more likely to listen to you when you express yourself calmly and respectfully, and it will even help you feel better.