**~ The Rage Sage ~ Worksheet - November 2017**

Big Girls knickers required for this worksheet this month. ~Wellbeing Warriors~, not wellbeing pussies remember ? This will mean you get even more out of the teaching this month, so go ahead and dive in.

**How do you generally handle conflict?**

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**What last made you angry?**

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**What did you do about it?**

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**What did you do/say? Not do? Not say?**

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**What are you angry about but not saying anything about?**

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**Why?**

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**How long have you been angry about it?**

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**What should change about the situation?**

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**What do you want the other person to stop doing/saying?**

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**What do you want the other person to start saying/doing?**

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**What else is pissing you off right now? What/ who should be different?**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_should start\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_should start\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_should stop\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_should stop\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Wowza, Kerpow and Well done you! Some serious food for thought here for you : you are fully prepped to go dive into this months tutorial and get up close and personal with your personal rage sage. Don’t forget your challenges this month: they are going to be super transformational.*

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