

EMBARRASSMENT EXERCISES WORKSHEET

Purpose: We all have embarrassing moments, but we don't have to let them define us. Chances are you've seen someone embarrass themselves recently but forgot the incident as soon as it occurred.

The goal of this worksheet is to relieve feelings of embarrassment by putting yourself in another person's perspective. By stepping into the viewer of the embarrassing incident's shoes, you may discover that "dreadful" event wasn't such a big deal after all. Fill in each of the blanks by answering the prompts provided.

Incident: *Someone told me I had a huge booger in my nose.*

How It Made Me Feel: *Humiliated and gross. I felt mortified that anyone saw something like that from me. Apparently I had it all day and was potentially seen by countless people.*

If The Roles Were Reversed: *If I saw someone with a booger, I'd politely and discreetly point it out. Boogers happen, and I tend to be empathetic to others' embarrassment. Then, I'd probably forget about it.*

How I Feel Now: *Thinking about it that way made me feel better. Maybe I won't be known as "Booger Guy" for the rest of my days.*

Incident:

How It Made Me Feel:

If The Roles Were Reversed:

How I Feel Now:

Incident:

How It Made Me Feel:

If The Roles Were Reversed:

How I Feel Now:

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