

Situational Checklist

- dealing with other people's
 - anger
 - needs/desires/requests
 - disappointments/sadness
 - withdrawal
 - praise/support
 - criticism
- dealing with mistakes
- dealing with stress/problems/losses
- risk taking/trying new things/ challenges
- conversation
- expressing your
 - needs
 - feelings
 - opinions
 - pain
 - hope/wishes/dreams
 - limits/saying no
- asking for support/help
- being
 - alone
 - with strangers
 - with friends
 - with family
- trusting others
- making friends
 - who to seek
 - how to act
- finding an intimate partner
 - who to seek
 - how to act
- ongoing romantic relationship
- sex
- work/career/school
- dealing with adults
- dealing with peers
- health/illness
- traveling
- maintaining your environment/self care