



# 7. What choice would you make?



## Activity 7: Techniques for managing behaviour



How would you react in these situations? Choose two techniques from the list, then add your own suggestions.

- |                       |                   |                    |
|-----------------------|-------------------|--------------------|
| a. Pause              | d. Ask for help   | g. Swear           |
| b. Throw something    | e. Slam the door  | h. Leave           |
| c. Take a deep breath | f. Phone a friend | i. Talk it through |

Situation	Two techniques	Your suggestions
You're asked a difficult question at an interview.		
The bus hasn't arrived. You'll be late for work again.		
You're at a party. Someone spills a drink on you.		
You're copying leaflets for an urgent deadline. The photocopier jams.		
Someone is picking on you.		