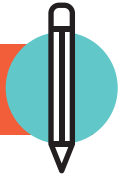


Quiz – What’s the story



1. My friend walks past me in the corridor at school and blanks me. What’s the story?

My friend has hurt my feelings, I’m going to tell them about themself.

How do I feel?

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.....

I don’t have time for this nonsense, I’m going to avoid my friend.

How do I feel?

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.....

This is not like them, I am going to find out if there is something wrong.

How do I feel?

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.....

Maybe my friend didn’t see me.

How do I feel?

.....
.....

2. I woke up in the morning with a heavy chest, a headache and a sore throat.

Oh no, I’ve got the flu. I’m not getting up. I’d better phone in/tell my mum I’m sick.

How do I feel?

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I feel bad. I always feel bad. I am always going to feel bad.

How do I feel?

.....
.....

Maybe I have cancer. I will get sicker and sicker and then die.

How do I feel?

.....
.....

I don’t know what this is but if I get up I will find out I’m either OK or need the day off.

How do I feel?

.....
.....

3. On my way out of the tube station someone grabs my phone out of my hand and runs away. What’s the story?

I must look like someone who won’t put up a fight. It’s my fault I was targeted.

How do I feel?

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I shouldn’t have had my phone in my hand coming out of the station. It’s my fault.

How do I feel?

.....
.....

I have been the victim of a crime. This is not my fault. What do I need to do next.

How do I feel?

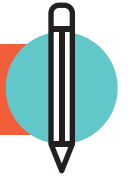
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I have been the victim of a crime. How can I stop prevent this from happening again.

How do I feel?

.....
.....

Quiz – What’s the story



4. I went for an interview for a job. I have all the right qualifications and experience and I thought I answered the questions pretty well but I didn’t get the job

There’s something about me that people just don’t like. No one will ever give me a break, it doesn’t matter what I do.

How do I feel?

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.....

I must have done something wrong at that interview. I need to try and understand what it was.

How do I feel?

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I am proud of myself for going through that even if I didn’t get the job, and I know that as every interview brings me closer to getting a job.

How do I feel?

.....
.....

You win some you lose some. I did my best. Their loss.

How do I feel?

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5. My partner has told me they don’t want to be in a relationship with me anymore.

I can’t believe this is over. I don’t know why but I always end up getting dumped. There must be something horrible about me that I don’t see.

How do I feel?

.....
.....

I should have seen the signs and made some changes. It’s too late now there’s nothing I can do and it’s all my fault.

How do I feel?

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.....

What an idiot. They just let go of the best thing they could have had. When they realise their mistake I’ll tell them they can’t come back.

How do I feel?

.....
.....

This is very sad and painful. I need to think about how to look after myself and keep people around me who love me until I feel better.

How do I feel?

.....
.....

6. I am tired today and I can’t find any clothes to wear that look nice.

I’m ugly and horrible. I’ve always felt horrible and I always will. I can’t change, and trying only makes me feel worse when I fail. I will never have nice things to wear.

How do I feel?

.....
.....

Maybe I’m getting ill with something.

How do I feel?

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.....

This is very sad and painful. I need to think about how to look after myself and keep people around me who love me until I feel better.

How do I feel?

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Oh for God’s sake stop moaning and get to work.

How do I feel?

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