

Situations. Options. Consequences.

The Situations, Options, Consequences technique is a great tool to understand emotions and how they affect your everyday decisions. Take a look at this example use of Situations, Options, Consequences and help apply it to a stressful problem you've faced recently.

Example Situation: *A co-worker is consistently rude and abusive.*

| Options | Consequences |
|---|--|
| Yell Back. | Not good. |
| Talk to the person about their behavior. | The person might gain respect for you, might dislike you or might ignore you. |
| Talk it out with a friend. | You may feel better, but the behavior won't change. |
| Accept that this is the way he/she is, and there is nothing you can do about it. | You may feel better, but the behavior won't change. |
| Feel the feeling inside, unedited. | You may feel better, but the behavior won't change. |
| Tell an authority figure, talk to the coworker and feel the feeling inside and let it go. | This could help you to express yourself, confront the situation and cause the behavior to change. This may be a good option. |

Use this worksheet with situations in your everyday life. Try filling one out using something that happened this week, and come back to it when you're worried about making a healthy emotion decision.

Your Situation:

| Options | Consequences |
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Your Situation:

| Options | Consequences |
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