
Learning Activity II: On Your Last Nerve

Instructions

This learning activity requires you to get in touch with some of those things that are really irking you and getting on your nerves. The purpose is to see whether you or external factors cause some of those negative things.

Complete the following steps to complete the activity:

1. Retrieve **Learning Activity I** from “Time to Get Real” and circle or highlight all of the negative emotions you mentioned. **Note:** If you did not do this activity, take the space below and write down any negative feelings that are bugging you right now.
2. Circle any of the emotions or situations where you accept some or all accountability.
3. Count the number of emotions you take ownership for and the number caused by someone or something else.
4. Document those numbers at the bottom of the page below.

Emotions caused by me _____

Emotions caused by others _____