

Other People's Expectations

For each event, think about what other people might expect you to feel, then how you might actually feel.

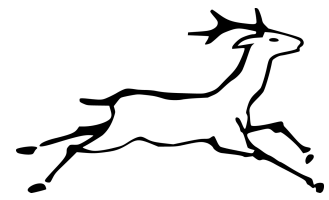
For example – going to a friend's party.

Other people think I should feel **excited**

I might actually feel **nervous, happy, worried, or overwhelmed**

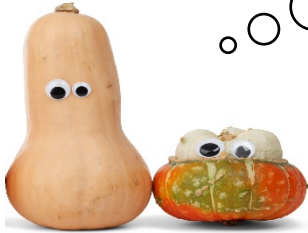
My birthday ...





Going on holiday ...

Other people think I should feel ...

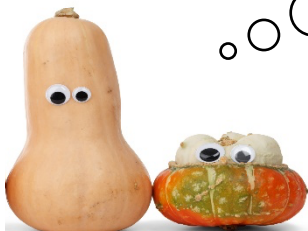


I might actually feel



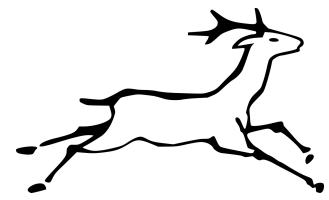
Performing in front of others ...

Other people think I should feel ...



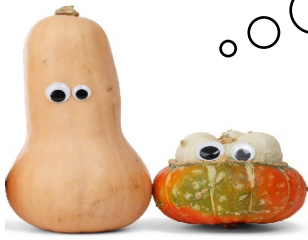
I might actually feel





Getting a pet ...

Other people think I should feel ...

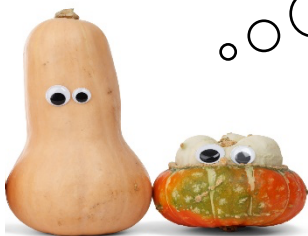


I might actually feel



Going to a sports event or concert ...

Other people think I should feel ...



I might actually feel

