

NAME:

MY BRAVERY CHART



DAY	SITUATION	THOUGHTS, FEELINGS, UNCERTAINTY, RISKS	ACTION	RESOLUTION
Monday	Someone criticized me in front of my supervisor at work.	I was embarrassed, but worried that my supervisor would think poorly of me. I was scared that if I spoke up, I would be viewed as combative and defensive.	I asked to clarify their criticisms, and pointed out areas I had addressed adequately.	I wanted to demonstrate that I could stand up for myself, but not look defensive.

REFLECTIONS
 PS: REMEMBER
 TO HIGHLIGHT
 THE GOOD BITS!

while I did point out some good evidence that I did perform well, I felt that I could speak with more clarity and confidence. Will have to find some fixed phrases so I'm always ready to go. I am glad that I spoke up. Every time I do, I feel more confident and at ease - it does not always have to be conflict.

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