

Handout:

**Someone Yelling at You?  
Getting Beyond Freezing or Shouting Back**

Remember a situation when someone yelled at you:

What had happened? What did this person say?

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.....  
.....  
.....

How did you react?

Freeze..... run away..... yell back..... other?.....

How did you feel? ?.....

Which of your needs had not been met? .....

.....

Take a deep breath

What would you have needed, liked to happen in this situation?

.....  
.....

How do you feel imagining this had happened?

Try to guess how the other one might have felt in this situation?

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Try to guess which of the other one's needs had not been met in this situation

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Try to guess which the other one tried to meet by yelling at you

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How do you feel now?