

Put on Protective Gear

We cannot control what comes out other's mouths

<p>Draw a stick figure coughing Label the germs with hurtful words Include: Body Language, Exclusion, Facial Expression, Violation of Privacy, Whispering, Pointing, Stares, etc.</p>	<p>Draw yourself wearing protective gear, Impermeable to emotional (germ) warfare Recognizing: Coughing is from a Perceived Threat, it's Impossible to Please Everyone, Personal Beliefs + Values</p>
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Your Invisible Protective Gear....

1) How does it help to know that people spout out their own emotional germs?

Cruel comments reflect internal dissatisfaction, fear, insufficiency, jealousy

2) What thoughts separate you from others' emotional germs?

It's not personal, I know my truth, I can hear with my ears and not take it to heart

3) What positive actions protect you from the words of emotional germ warfare?

Walk away, Set a Boundary to Prevent Verbal Abuse, Talk to a Friend to Debrief