

# Smart Social Skills Course:

## Week 10 Worksheet

### **Exercise 1: Who is one person that you see as toxic in your life?**

How can you help or support him or her? What is one small action that you can take to do that starting today?

But also, when will you have had enough? When will he or she has his or her last chance with you? It is a difficult question to answer and the answer may differ a lot based the relationship you have with this person.

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Or if you feel you want to minimize the time you spend with this person, then how can you do that? And what is one small action you can take to get started with that today?

Or if you feel you do not want to spend any more time with this person, then how can you go about doing that? What is one small step you can take to move forward with that today?

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**Exercise 2: How did the steps from the guide help you to avoid or stop conflicts with someone close to you or to handle encounters with difficult people this week?**

What went well in these situations?

What did not go so well?

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What can you learn from these situations, from how people reacted and from the actions you took and the results you got?

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