



MARZIA HASSAN

## DAY 2: HANDLING CHALLENGING SITUATIONS

**Q1. Think of a recent time when you were upset or irritated about something. It could be big or small. Even tiny**

**Q2. What thoughts went through your mind when you encountered this situation? What did you tell yourself?**

**Q3. Did your conversation with yourself (or complaining to others) make this situation better or worse for you?**



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