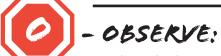
Example: Between classes you wave to your friend in the hallway and they don't wave back to you.







Look at the bigger picture. Ask yourself a few questions:

- 1. What emotion am I feeling that I want to change?
- 2. What am I reacting to? What thoughts am I having about this situation?
- 3. What might this situation look like to other people involved?
- 4. What would this situation look like to people who are <u>not</u> involved?
- 5. What will help the most in this situation?



After you have observed the situation, proceed with what your Wise Mind is telling you to do.