## Worksheet: Express Yourself

Read through the following scenarios. Write your first response to each. Do not over-analyze the scenario or answer it with what ‘sounds the best’. Give your honest feedback.

1. You are the team lead for a project at work and your boss yells at you because it was not completed by the required deadline. You:

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1. You find out that several of your co-workers are talking about you behind your back to the boss. They are telling your boss that you are slacking on the job and that the quality of your work is poor. You:

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1. One of the company’s clients called and told your manager that you were very rude to him. You know the client spoke to a co-worker who sits next to you, not you. You:

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