## Worksheet: Say What You Mean

Read through the scenarios and verbally respond using the specified emotion.

1. You were recently offered a position within the company that pays more but also requires greater responsibility, responsibilities that you don’t believe you can handle.

**Respond in a happy manner:** I am so grateful for this opportunity and look forward to joining the team.

**Respond in an apprehensive manner:** I am so grateful for this opportunity and look forward to joining the team.

**Respond in a confused manner:** I am so grateful for this opportunity and look forward to joining the team.

1. You just found out one of your weakest team members is leaving the company. You tell him:

**Respond in an angry manner:** I am so sad to see you go.

**Respond in an indifferent manner:** I am so sad to see you go.

**Respond in a worried manner:** I am so sad to see you go.

1. You have been put on a verbal warning due to your tardiness. You say:

**Respond in a sincere manner:** I truly apologize for my tardiness. It will not happen again.

**Respond in a defensive manner:** I truly apologize for my tardiness. It will not happen again.

**Respond in a carefree manner:** I truly apologize for my tardiness. It will not happen again.