

**Preparing for Life and Career © 2013**

**Chapter 1: Personal Development—Read, Discuss, and Analyze Activity**

**Handling Negative Emotions**

**READ the case study**

Allison and Nadia have plans to see a movie on Thursday. They have both been looking forward to seeing this movie for several weeks. The day of the movie, Nadia cancels plans with Allison to instead meet with another friend to go to a festival. This is not the first time Nadia cancelled plans with Allison at the last minute. Feeling frustrated and abandoned, Allison loses her temper, which causes negative feelings and tension between both friends.

**DISCUSS this question in class:**

How could Allison and Nadia have handled this situation differently?

**ANALYZE the following statements about the case study to decide which are true and which are false.**

- T   F     Allison should vent her negative emotions on her family and friends until she feels better.
  
- T   F     Allison should calmly talk to Nadia about how she feels when Nadia does *not* keep plans.
  
- T   F     Allison may be able to improve her mood and manage her anger by going for a walk or a bike ride.
  
- T   F     Nadia and Allison should *not* talk with each other anymore and just end the friendship.