

Situation

If I do this...

How it makes others feel

Then this happens

A large, empty square box with a thick green border, intended for writing a specific action or behavior.A large, empty square box with a thick green border, intended for describing the emotional impact of the action on others.A large, empty square box with a thick green border, intended for describing the consequences or outcomes of the action.

If I do this...

How it makes others feel

Then this happens

A large, empty square box with a thick red border, intended for writing a specific action or behavior.A large, empty square box with a thick red border, intended for describing the emotional impact of the action on others.A large, empty square box with a thick red border, intended for describing the consequences or outcomes of the action.

