

Name : \_\_\_\_\_ Date: \_\_\_\_\_

# Everyday Speech

## HANDLING EMBARRASSMENT

Everyone feels embarrassed once in a while. If we feel this way we can stay calm and think positive thoughts. When we repeat a positive phrase such as “It’s no big deal” we can make ourselves feel better.

1. Why was Tim embarrassed?
2. Was it as big deal to Alessandra?
3. How did Tim make himself feel better and less embarrassed?

### ANSWER EACH QUESTION BELOW

1. Tell about a time you felt embarrassed.

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2. Did anything or anyone make you feel better?

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3. How could you use positive self talk to feel better in this situation?

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4. How could you help a friend feel better if you saw that they felt embarrassed?

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