



## REVIEW ACTIVITY

### Chapter 8

Take a few minutes to review the emotional skills described in this chapter.

Which of these skills would be the most important for you to improve?

---

---

---

---

What could you do to develop one or more of the emotional skills?

---

---

---

---

Daily, what would you do to increase these skills?

---

---

---

---

□ How would you specifically measure your progress?

---

---

---

---

□ Would it worthwhile to ask for support and feedback from someone you trust?

---

---

---

---

Write down any other ideas you have concerning the emotional skills reviewed in this chapter.

---

---

---

---

---

---

---

---

---

[\[Link\]](#)[Download a PDF of the Chapter 8 Additional Activities, “Identifying Fears.”](#)

---