

ROCKs ON Worksheet



➡ LOOK AT YOUR SOCIAL MOVES: ⤵

Explore how small actions open you up or shut you down.
Small changes stick better! ❤️

THE INTERACTION: Think of a recent interaction where you used your usual script.

YOUR HOPE: What were you hoping would happen?

WHAT HAPPENED: What actually happened?

ONE SMALL CHANGE: Write *one* different response to try next time.

