

## Activity 2

- Current problem - having a conversation with a person I never met. through online, I feel dumb when I am having a conversation because I think ~~about~~ they didn't understand. ~~or not~~.
- problem I face still that I experienced so bad in the past - Agoraphobia
  - 10th exam fear & deciding which Institute should I join for good coaching for 11<sup>th</sup> & 12<sup>th</sup>.

## Activity 1

	proactive (reply)	reactive (sensitive)
He made me angry	avoid him	hate him for life
He is the reason for my failure	try a new path	mental break down
He is the one who made me to fight	I won't continue the fight further	fight back
He insulted me	avoid him	react to the insult
He spoiled my mood	work hard, finish the work	no work would be finished

### Scene 1

If its possible for my friend to reach me, give back my notes. then its ok. But if not, then I'll ask him to send soft copy of note which I need for the class / exam.

### Scene 2

I would leave it to my parents, but I'll try to reduce the <sup>time</sup> ~~cost~~ I ~~spend~~ spend in the electronic devices; get old books from my seniors, instead of buying new books. I'll borrow book from my library ~~for~~ <sup>which</sup> my senior don't have.