

## It's a Scream

Number of People	Approximate Time	Items Required
Unlimited	Less than 1 minute per person	—

Often people have to deal with difficult people in the work place. This exercise helps people to identify their emotions and helps people learn how to alleviate stress when dealing with a difficult person.

Each participant introduces him or herself and fills in the following blanks:

"I feel \_\_\_\_\_(emotion)\_\_\_\_\_ when this person does  
\_\_\_\_\_(behavior)\_\_\_\_\_ and I feel like  
\_\_\_\_\_(action)\_\_\_\_\_."

So, a person might say "I feel frustrated when this person does not complete assigned task on time and I feel like taking the day off."  
Another person might say, "I feel angry when this person submits assignments after the due date and I feel like breaking my pencil."

Make sure each person makes his or her statement with as much emotion as possible and after everyone has finished enjoy a group scream.