

## Rule violation checklist - Others

Examples of trigger situations where rules may be challenged. Please bear in mind that there are a variety of different situations that might challenge the same rule. Examples are shown below.	Your emotional reaction to this situation (1 – 10), where 10 would be the worst that you might feel.	Rules about how others should think, feel or behave.	Complete the sentence by adding the response that is most applicable.  3- at all times, then I will be ok 2- most of the time, then I will be ok 1- some of the time, then I will be ok (Note your answer 1-3)
Others behaving in a disrespectful manner		If others treat me with respect ...	
People who you expect to love you acting in an unloving way		If people that I care about treat me in a loving way ...	
Other people disliking you		If others like me ...	
Being criticised by others		If others don't criticise me ...	
Being rejected by others		If others don't reject me ...	
Being disapproved of by others		If I others don't disapprove of me ...	
Being ignored by others		If others notice my achievements ...	
Others not thinking about my feelings		If others think about my feelings ...	
Not being considered by others		If others put my needs first ...	
Being neglected by others		If others who are close to me show that they are aware of my needs ...	
Being misunderstood by others		If others understand me ...	
Others not listening to your opinion		If others listen to what I have to say ...	
Being overlooked by others		If others value me ...	
Others refusing your requests for help		If others are willing to help me ...	
Others showing displeasure about your behaviour		If others are pleased with me ...	
Meeting others who are more successful		If others think that I am successful ...	
Others working harder		If others do not work as much as me ...	
Feeling insignificant around others		If others tell me about my positive intentions, attributes ...	