



Avoid the Tragic Consequences of Being Easily Offended

This worksheet will help you understand what triggers your feeling of "offense," what the consequences of that reaction could be, and how to avoid those consequences.

What is the last thing you remember taking offense to?

How did you react?

Do you think your reaction was justified? Why or why not?

What past event may have triggered this response?

Was your reaction worth the time and energy you gave it?

List 2 or 3 possible consequences of your reaction.

In hindsight, would you have altered your reaction in order to avoid these consequences? Why?

What actions can you take to avoid this reaction in the future?

Prompts:

- Gain a better understanding of yourself
- Name your core values
- Educate yourself about the topic

Now think about the person who offended you. Is it possible that you misread the situation? What else could have been going on with that person that had nothing to do with you?

Do you even respect this person? If not, why are you allowing them to offend you? Why does their opinion even matter?

If you still feel offended, you have to decide whether the issue is worth any more of your time and energy or not. If it's an issue that involves your core values, it might be.