

Skill 52: Dealing with Embarrassment

- 1. Decide what happened to cause you to feel embarrassed.**
- 2. Think of what you can do to feel less embarrassed:**
 - a. Ignore it.**
 - b. Decide what to do next time.**
 - c. Say to yourself, “It’s over. People will forget it.”**
- 3. Act out your best choice.**