Make It Count! Defeating Drama

Take a close look at your own life. Be honest, cause we all contribute to drama sometimes!

How often do you contribute to drama (don’t be lyin’!)- Never | Sometimes | Often | I am the drama

What’s the hardest part about staying out of it?

Which of the steps could help you? Circle all that apply:

1. Want relationship over being right
2. Discuss the issue 1 on 1
3. Change my language
4. Don’t overreact
5. Protect my thoughts
6. Keep my mouth shut