

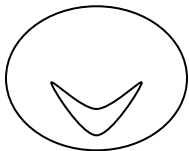
Æfingar í að stjórna skapi

Dagsetning:

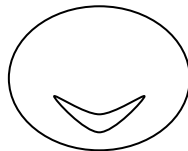
Hvað gerðist?

Hvað gerði ég?

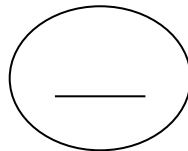
Hvernig leið mér á eftir?



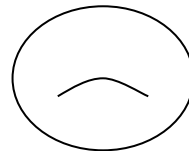
mjög vel!!



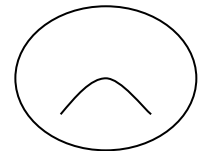
frekar vel



sæmilega

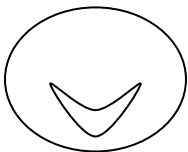


frekar illa

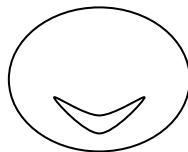


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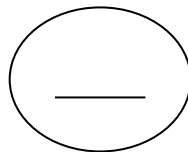
Hvernig gæti hinum hafi liðið?



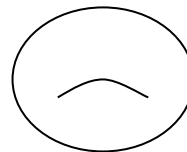
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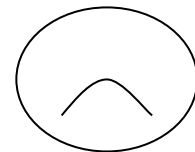
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sæmilega



frekar illa



Mjög illa

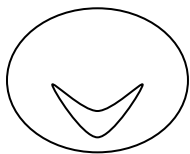
Hvernig gekk mér að stjórna skapinu?

- Frábærlega!!! Reyndi að gera þetta aftur næst!
 - Hvernig fór ég að því?
- Ágætlega – reyndi að halda stjórn á skapi mínu en gekk ekki nógu vel
 - Sjá baksíðu
- Frekar illa – reyndi ekki að halda stjórn á skapi mínu.
 - Sjá baksíðu

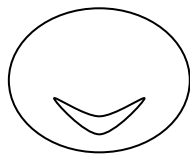
Hvað get ég gert öðruvísi ef ég lendi í þessu aftur?

Hver getur aðstoðað mig?

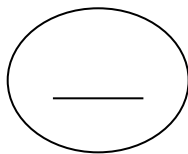
Hvernig myndi mér líða eftir það?



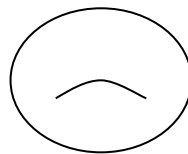
mjög vel!!



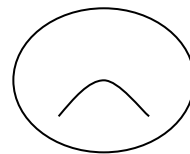
frekar vel



sæmilega

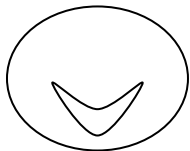


frekar illa

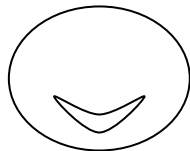


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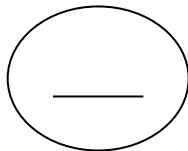
Hvernig myndi hinum líða eftir það?



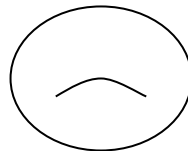
mjög vel!!



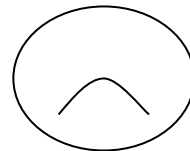
frekar vel



sæmilega



frekar illa



Mjög illa