

LEARNING SKILLS

GLAD, MAD, SAD

When you first see and listen to a plan, idea or proposal

- you have an emotional feeling about it; very natural

Glad, Mad, Sad will help you write down and consider

- your personal feelings
- tap into your emotions

PHOTOCOPY AS REQUIRED

GLAD - What makes me happy about this?

MAD - What makes me angry about this?

SAD - What makes me unhappy about this?

“Strive to see balanced conclusions, thus avoiding wobbly confusions.” MW.