

## Interpersonal Problems

- Do you react to people in ways that you later regret?
- Often feel hurt and then angry with others?
- Frequently feel on the defensive?
- React by withdrawing and shutting down?
- Are you often perceived by others as always being angry?
- Are you in trouble at work, home or school?



**Then maybe it is time to have a serious look at your patterns of interactions and you might consider calling your counsellor or therapist.**