

# Unapproachable Person

| Characteristic | Specifics of Characteristic | Own? | Remove? |
|----------------|-----------------------------|------|---------|
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |

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|----------------|-----------------------------|------|---------|
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |

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|----------------|-----------------------------|------|---------|
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |
|                |                             |      |         |

# Unapproachable Person - Instructions

1) print several pages of the worksheet.

2) Under the Characteristic Box list one characteristic of the Unapproachable person. Try for at least five if not more.

3) List every tangible, specific action the person does that contributes to the overall characteristic. Be very specific. If the action cannot be emulated keep searching.

## Unapproachable Person

| Characteristic | Specifics of Characteristic   | Own? | Incorporate? |
|----------------|-------------------------------|------|--------------|
| unfriendly     | Never looks anyone in the eye |      |              |
|                | Frowns a lot                  |      |              |
|                | Never says hello to anyone    |      |              |
|                | Always looking at phone       |      |              |
|                | Gives very short answers      |      |              |

## Unapproachable Person

| Characteristic | Specifics of Characteristic   | Own?  | Incorporate? |
|----------------|-------------------------------|-------|--------------|
| unfriendly     | Never looks anyone in the eye | No    |              |
|                | Frowns a lot                  | No    |              |
|                | Never says hello to anyone    | No    |              |
|                | Always looking at phone       | Maybe | Yes          |
|                | Gives very short answers      | Yes   | Yes          |

4) For each specific, do you do these actions?

5) If so, determine which ones to start changing.