

# THAT REALLY BUGS ME

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**The objective of this activity is to identify situations when we become annoyed as well as when we are annoying to others.**

It bugs me when...

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It bugs me when...

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Because...

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Because...

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I could help resolve this by...

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I could help resolve this by...

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I do a few things to bug others...

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I do a few things to bug others...

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I could change my behavior by...

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I could change my behavior by...

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