

Intention Based: Social Behavior Mapping for Adolescents and Adults

The Situation:

_____ *Greeting others in the morning* _____

Exploring how ones' behavior is interpreted and responded to

| What you intended to communicate through your behavior | Your expected behaviors in this situation | How people perceived your intentions based on your behaviors | How they felt based on this interpretation | How they react: based on how they feel | How you feel, based on how they react to you |
|--|--|--|--|--|--|
| Friendliness | Look at people Smile Say Hi | They thought I was friendly | They felt good about me | They were more likely to be friendly with me at other times during the day. | Accepted, good |
| What you intended to communicate through your behavior | Your unexpected behaviors in this situation | How people perceived your intentions based on your behaviors | How they felt based on this interpretation | How they react: based on how they feel | How you feel, based on how they react to you |
| Friendliness | Walked straight to my classroom without paying attention to anyone else. | Unfriendly | Not so great | They did not speak to me and did not want to work with me or hang out with me. | Lonely, frustrated. |

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