# Supervision Meetings

**If you are mad as hell after a supervision meeting, or feeling deflated or a little tender (or all of these...) try questioning your thoughts to take the edge off.**

1. Recall what was said, verbatim. What was said:

2. What I think it means and what I think my supervisor is thinking (hint: probably not true!):

3. Replace the He/ She's under 2 with I's. Are you thinking what you fear your supervisor is thinking? Are you harder on yourself than your supervisor is?

4. Are you mad at your supervisor? Let it all out! Free-write!
   He/ She is…

5. Replace the He/ She under 4 with I's. I am… Can you find examples of this being true? Can you feel your mood lightening?