

You felt unsupported during
a critical situation

You failed to recognize your
emotions

You were not caring to
students

You did not express gratitude
for a good deed

You lacked compassion

You did not demonstrate
loyalty

You lacked self-confidence

You have a difficult
relationship with a parent

A parent does not show
respect for your position or
your work

You had one too many grumpy
parents today

Today presented difficult
obstacles

You felt taken for granted

Your good ideas were
overlooked

You lost your temper

You raised your voice at a
child

Work is overtaking your life

Someone made you angry at school today

Your voice failed today in a class

You did not enjoy any part of teaching today

Problems outside of school are dominating your thoughts

You did not stand up for yourself today

People are running over your rights

You felt intimidated at school today

You did not speak up when you overheard a critical comment you disagree with

You could have offered a kind word and chose not to

You spread gossip about a colleague

You could not be positive towards your students today

Your friends had no time for you

You feel swamped by work that seems pointless

You felt ill but had to stick it out at school

You lost sleep worrying about a school issue last night

No-one seems to really know you in the staffroom

You feel that you regret your actions in the classroom

You lost your temper in front of students today

Someone called you a “drama queen”

You simply don't feel happy today

You did not eat well today

You had no time to reflect and relax in the staffroom

You missed your daily coffee fix

You felt uncertain about things today

You were overly critical of yourself today

You feel like an extra drink to calm your nerves after the school day

Your technology skills failed you today

There was no one to turn to for help today

You had all your most difficult students today

Your classroom felt like a horrible place today

Your students were rude towards you today

You failed to meet a challenge today

You feel inadequate as a teacher today

You had no answers for a common classroom problem today

All your students were ratty today

You felt negative and cynical today

You felt discouraged and overwhelmed today

You feel that burnout is affecting your teaching

You have too much stress today

Your school felt dehumanizing today

No one supports your teaching goals

The kids did not want to learn today

Your discipline failed to get the kids in line today

You feel that the expectations of being a teacher are too daunting today

You tried too hard to be perfect today

You felt drained and used up today

You dread going to school on Mondays

You are starting to feel disillusioned about being a teacher

You feel detached from your students

You felt helpless and hopeless today

You resist getting involved in school activities

Your job-related stress is affecting your home life

Stress is compromising your teaching

You can't seem to shake off the stress of teaching

The kids won't behave for you

You are frustrated by the lack of support at school

You have inadequate time for preparation

Your staffroom lacks collegial support and team spirit

You feel undervalued at school

A student rolled his eyes while you were disciplining him

You have no time for morning tea

You picked up a virus on the last day of school

Someone commented about your poor dress sense

You don't know how to relax after a hard day at school

