* **Appendix 1**

**Material 1 – Main activity**

* **Appendix 2**

**Material 2 – Main activity**

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* **Appendix 3– POST Activity**

Q)

What should \_ \_\_\_\_\_\_?

A) Dear, \_\_\_\_\_\_\_\_\_\_\_\_

I think you or your friend should

* **Appendix 4 – SOS Activity**
1. Dear Annie: My younger sister and I are young adults currently living with our grandparents to ease the commute to school and work. We spent most of our elementary and middle school years at our grandparents' house after school, over the summer or when we were sick. Our mother works near their house as well, and she stops by every couple of weeks to check up on them. The problem is Grandma's outlook. We try our best, but she always finds something wrong with us. If we clean the bathroom, we didn't do it right. We either don't eat her food or we eat too much of it. She has become less pleasant to be around and we don't know how to tell her that her yelling and complaints are the reason. Our grandfather prefers to stay out of Grandma's way when she berates us, unless he thinks we are being disrespectful and talking back. What's the most hurtful is that she blames our mistakes on Mother, saying that it is her poor parenting that has resulted in the electric bill going up $20 and the dryer breaking. We love our grandmother, but she has become so difficult. I cannot remember the last time she praised us or asked about our day. My sister avoids her by staying out of the house, which results in complaints from Grandma that she's never home. I'm tired of this. I don't want to come across as an ungrateful grandchild, so how do I get the negativity to stop?
* A) First of all, please consider the burden you are placing on Grandma. She loves you and wants to help you. But you also require effort and money, both of which may be more complicated today than when you were younger. She, too, is stuck, but her way of expressing that conflict is to complain a lot. It is not uncommon for some folks to focus on the negative without realizing how they come across, and this can get worse with age.We assume you are doing your part to clean up after yourselves and help with meals, laundry and housework. So sit down with Grandma when it's quiet and chores are done. Tell her sweetly that you love her and don't mean to make her life difficult, but the constant complaints are wearing you down and she surely doesn't intend to be so unpleasant. Ask how you can make her day easier. If she still complains, turn a deaf ear, and when it becomes possible, find a place of your own.
* Q) Dear Annie: My husband's high school sweetheart (from 30 years ago) refuses to let go of the past and move on. "Donna" tried to get my husband to cheat on his first wife, and he declined. She also tried to get him to have a fling with her while we were dating, and again, he refused her advances. Donna continues to maintain contact with my husband's siblings and his mother on Facebook by "liking" their photos and such, but has blocked both of us from seeing any of her interactions with them.My husband would like her to respect his space and leave his family alone. I don't think she meets the definition of a stalker. She's just annoying. How can we get her to move into the present and let go of that part of her past that included my husband's family?
* A) It sounds like this is beyond your control. If Donna wants to have contact with your in-laws, it is up to them to decide whether or not to comply. It is not your decision, so please stop tormenting yourself. They can block her if they choose, and you can ask them to do so, but it's up to them.If Donna is calling your house, phoning your husband at work, sending constant emails or otherwise harassing you or your in-laws, that would put her in the category of "stalker." If she is simply a thorn in your side because she refuses to let go, we feel sorry for her. What a disappointment her life must be for her to cling so tenaciously to a past that didn't work out. Your in-laws would be doing her a favor to recommend that she get some therapy so she can have a better life.
	+ Q) Dear Annie: I have a different problem with people taking off their shoes. I work in a small office where we have outside visitors on a daily basis. One woman who works here likes to take off her shoes and walk around barefoot. No socks, no slippers, nothing. I think this is totally disgusting, as well as unprofessional.

The managers in the office see this, but must not mind because nothing is said. I have been trying to ignore it, but it's such odd behavior that I'm simply baffled. Although I'm new to this particular office, I've worked in other offices for 15 years, and this is a first. Any advice on what to do?

* A) Perhaps your co-worker finds shoes confining and uncomfortable, or she has problems with her feet. Nonetheless, it is inappropriate to walk around this way in an office where outside visitors stop by regularly. If the managers don't mind, there probably isn't much you can do. But you can certainly say to the woman (with sincere concern), "You know, there are probably a lot of germs on that floor. I'm worried that you might pick up something awful, or step on a loose staple. You ought to protect your feet by wearing slippers." It might not help, but it can't hurt to try.
* Q) Dear Annie: My wife and I have been married for five years and we have two children. In the past year, she has been exceptionally critical and unloving. I work full time. I also cook every meal, do all of the laundry, clean the house, do the grocery shopping and help with the children. My wife works from home as a private tutor. She pays the bills and handles most of the financial stuff. Right now, her job pays better than mine, so I feel obligated to do more around the house despite being gone for much of the day. It seems as though 90 percent of our conversations are about how disappointed she is in me. She says that I am burdening her with carrying the family because "she has to have a job for us to make it." I already feel terrible about this without her emphasizing it, but I am clueless as to how to change the situation .She complains about things she wants me to do, but when I do them, she questions my sincerity, saying I only did it because she nagged me. She often uses foul language, calls me names and insists things will never get better. She frequently threatens to divorce me if things don't improve immediately.Right now, I don't talk to her much, because everything becomes an opportunity for her to criticize me, but she seeks me out. I have to walk away to avoid saying things in anger, and then she snipes at my walking away. Annie, I promised to love her for better or worse, so I often wish I were dead. But I love my kids and don't want them to grow up without a father. She won't try counseling, because she doesn't want other people to know.
	+ A) Anyone who calls you names, constantly criticizes and threatens divorce is behaving abusively. There is no cause for her to complain that she has to work. The days when a husband needed to be the sole provider are long gone. Counselors do not broadcast the names of their clientele. Your wife doesn't want to go for counseling because it might require that she change how she behaves. This is too bad, because she'd be much happier if the two of you could work on this together. Since she refuses, go without her. And if the constant berating doesn't let up, try the National Domestic Violence Hotline at 1-800-799-7233. You need help
* Q) Dear Annie: I spent two hours on the phone yesterday with a friend who can talk nonstop and rarely requires a response. I have another friend like this, and it's exhausting. I've seen letters in your column from other readers complaining about this, and you often suggest that the talkers might have a hearing problem. I disagree. These people joke about their "loud mouths," have never complained of any hearing difficulties and seem to hear when they want to. One friend mentioned that she no longer has much of a social life, but I didn't bother to tell her why. "Sally" pretends to be interested in me and my kids and will ask questions, but if my answer is longer than 15 seconds, she interrupts. And I have to yell over her to finish a sentence.I wonder if either of them will see themselves in this letter and at least attempt to change. I've heard of "listening classes" that can teach people how to actively listen. For now, I've got plenty of other friends who care enough to listen, so I've given up on the others. -- Middle Aged and Finally Waking Up
* A) Hearing problems are only one possibility for those who, over time, begin to talk nonstop. Another possibility, of course, is self-involvement or perhaps a fear that they won't remember what they intend to say if they don't say it immediately. So they interrupt and talk over you.People who do this rarely recognize their actions. It is your choice to end the friendship over such annoying behavior. But how much kinder it would be to gently point out to Sally why this bothers you, and to remind her when she does it again. You could regain the friendship, and help Sally be a better listener.