

## Story A

Recently, I've been so **frustrated** with my job. I've worked at this company for one year so far. I **expected** to get a promotion this year, but during my performance meeting with my boss he told me that I didn't **contribute** enough to the company last year. He said he **appreciated** all the hard work I did, but that others worked harder and deserved the promotion more than me. He told me I have to work harder next year to **convince** him that I deserve a promotion. He said this to try and **encourage** me, but instead I think I may start looking for **openings** elsewhere.

## Story B

Today was a bad day. I was really late to work because **rush** **hour** was worse than usual. Then, my first performance meeting today was really **frustrating**. The employee demanded a promotion this year. I told her that I **appreciate** all the work she's done this year, but I couldn't **allow** her to be promoted this year because there are other employees who have been here longer than her. She said I was being **inflexible**, but those are the company rules and I have to follow them. I **encouraged** her to ask for a promotion again next year.