

A stressful event
occurs –
ACTIVATES
student's irrational
thoughts and beliefs

Student's negative
thoughts **TRIGGER**
feelings

Student's feelings

DRIVE

inappropriate

behavior

Inappropriate
behavior **INCITES**
adults

Adults pick up
student's feelings
and **MIRROR** those
inappropriate
behaviors

Negative adult **REACTIONS**

increase student's
escalating stress

Student may lose
“battle”,
but the war is won:
SELF FULFILLING
PROPHECY
(irrational belief) is reinforced