

LEARNING TO CONFRONT: STEPS 1 AND 2

When you are angry, you feel hurt. This hurt can be internal (hurt feelings), or external (being hit). The first step in confrontation is being able to identify the cause of the hurt. The second step in confrontation is identifying the person or people causing the hurt. Read the following situations and identify what the hurt is and who is being hurt.

SITUATION #1 Chris is smaller than most of the boys his age. Because of this, Ian and his group of friends are always calling him “Elf.” Whenever Chris hears them, he is ready to punch them out.

Why is Chris hurt? _____

Who is the cause of the hurt? _____

SITUATION #2 Connie is never asked to hang-out with the other girls. She decided to get even with them by spreading lies about them at school.

Why is Connie hurt? _____

Who is the cause of the hurt? _____

SITUATION #3 Jason and Ryan are best friends. Jason told Ryan that he liked Tammy but was afraid to tell her. He asked Ryan not to tell anyone. Ryan meant to keep the secret, but he told his girlfriend. She told her friends and now it seems the whole school knows. Jason isn’t sure he ever wants to speak to Ryan again.

Why is Jason hurt? _____

Who is the cause of the hurt? _____

SITUATION #4 Alex was shocked. Martin was showing some guys Alex’s new watch. It was a gift from Alex’s father, and he had lost it during gym class. Alex wanted his watch back, NOW!

Why is Alex hurt? _____

Who is the cause of the hurt? _____

LEARNING TO CONFRONT: STEPS 3, 4, AND 5

The next three steps are: telling the person who is making you angry to stop what he/she is doing, telling the person that you wish he/she would do instead, and telling the person what you will do if he/she does what you ask. Use the situations in steps 1 and 2. Put yourself in the role of the person who is causing the hurt. This may give you an idea about why that person is behaving the way he/she is. Then continue with steps 3, 4, and 5.

SITUATION #1

Why do you think Ian and his friends like to call Chris names? _____

How could Chris tell the boys to stop what they are doing? _____

What could Chris ask the boys to do instead of what they are doing? _____

What can Chris tell the boys he will do if they do what he asks? _____

SITUATION #2

Why do you think the girls don't like to hang-out with Connie? _____

How could Connie tell the girls to stop what they are doing? _____

What could Connie ask the girls to do instead of what they are doing? _____

What could Connie tell the girls she will do if they do what she asks? _____

SITUATION #3

Why do you think Jason doesn't want to talk to Ryan? _____

How could Ryan tell Jason to stop ignoring him? _____

What could Ryan ask Jason to do instead of what he is doing? _____

What can Ryan tell Jason he will do if Jason does what he asks? _____

SITUATION #4

Why do you think Martin was showing Alex's watch to the other guys? _____

How could Alex tell Martin to stop doing what he is doing? _____

What could Alex ask Martin to do instead of what he is doing? _____

What can Alex tell Martin he will do if Martin does what he asks? _____
