

HOW DID I END UP HERE?



What's a nice person like you doing in a place like this?

If you are reading this, it's probably safe to say that something, somewhere, went wrong. Chances are, you've done or said something to a teacher or another student that's landed you here. You did the crime, now you're doing the time.

That's okay. The fact is, none of us can undo the past — but we can learn from it. Read each part of this booklet, then answer the questions. These questions are written to help you learn some important things about yourself and other people.

Sometimes we stay angry longer than we have to because of the things we think to ourselves. Have you ever thought any of these things when you were mad?

- ◆ “I won’t stand for this.”
- ◆ “I can’t let that slide.”
- ◆ “There is no way they’re getting away with that.”
- ◆ “They’ve really disrespected me.”
- ◆ “They’ve made me look like an idiot.”
- ◆ “They should know better.”

Write down any other things that keep you feeling mad.

Scientists have discovered that we can talk ourselves out of angry feelings by changing our thoughts. Here are some helpful thoughts:

- ◆ “I can handle this.”
- ◆ “I’m cool.”
- ◆ “This is not a big deal.”
- ◆ “This isn’t worth it.”
- ◆ “Maybe they’re having a bad day.”
- ◆ “I don’t like this, but I can live with it.”