

Hurtful Moves

I Think/Self-Talk

You Should
"You should give me a ride."

Blamers/Put-Downs
If you got me up on time, I wouldn't have missed the bus."

I Feel

Resentful, helpless, controlled

Behavior

Jason yells at her and calls her a name.

I Believe

Other people are responsible when things go wrong.
I have the right to yell and call names when someone doesn't do what I want.

Helpful Moves

I Think/Self-Talk

I Can
"I messed up but I can figure it out."

Tamers
"Mom isn't responsible for my being late; she needs to get to work on time.""

I Feel

Frustrated, anxious, worried, motivated, competent, able

Behavior

Jason takes the city bus to school.

I Believe

I am responsible for figuring out solutions to my own problems. I don't have the right to yell and call names when I don't get what I want. Other people's needs are important.