

## **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.