

## **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.