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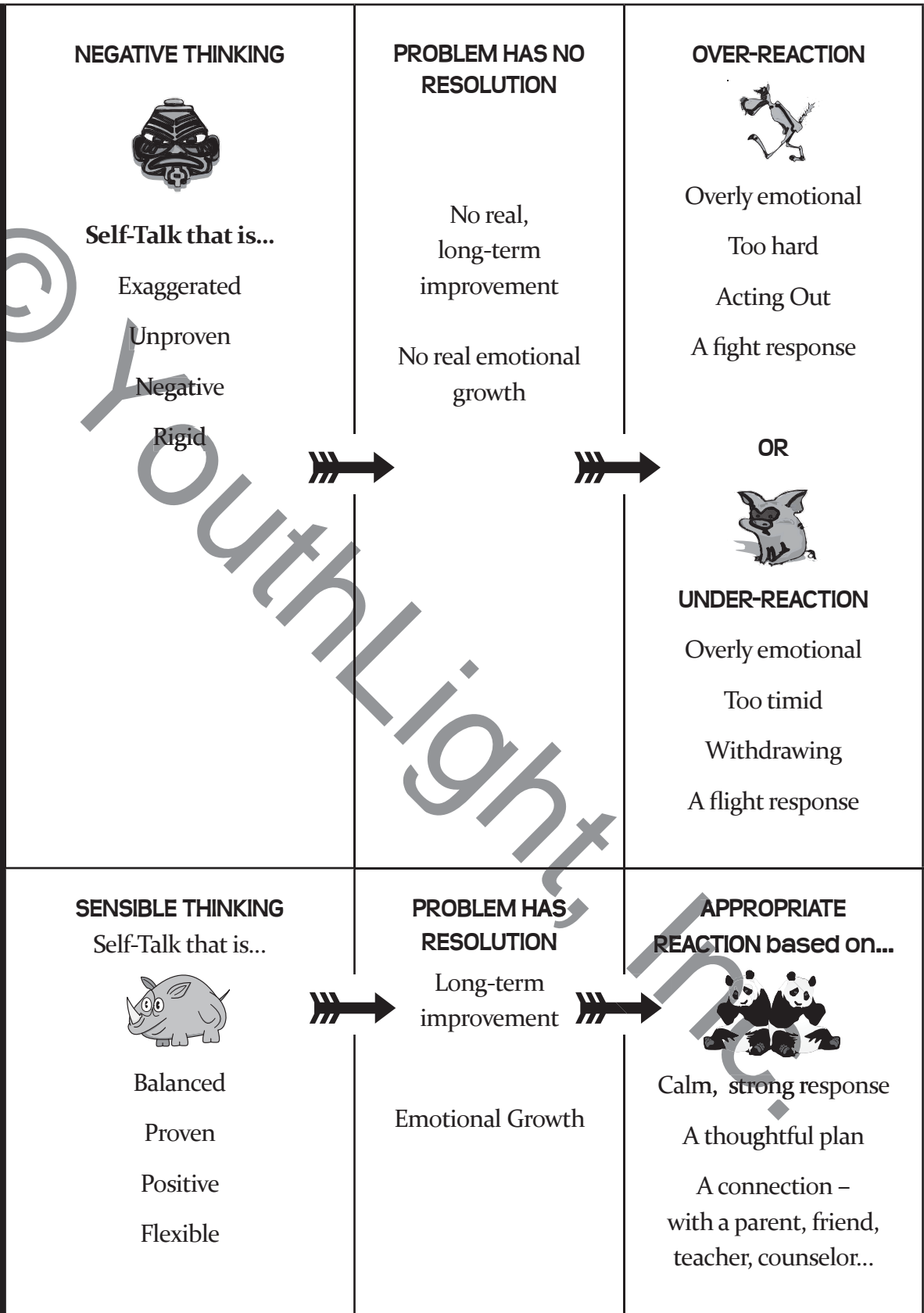
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When Rotten Things Happen: A Re-Cap

Rotten Things Happen



When Emotions Take Over – The Pressure to Fit in at School



SCENARIO

There is pressure for Sammy to fit in at school. Part of this fitting in is to have as much as other kids in his class – have the nicest clothes, the latest computer, the coolest cell phone, and the newest music devices. Yes, fitting in can be expensive, and Sammy knows that his family does not have money to blow.



NEGATIVE THINKING

When Sammy thinks he is not fitting in at school, his brain is often flooded with negative thoughts.
"I **need** to have my friends respect me."
"If I don't dress well, **they will think I'm a nerd**. My friends **won't like me**."
"I **can't stand it** when I can't buy the things I need in order to fit in at school."
"I must be a **loser**."



EMOTIONS TAKE OVER

Sammy's negative thoughts bring negative emotions. He sometimes feels **worthless** and **unlikeable**. He sometimes feels **anger** towards his parents for not giving him the enough money to fit in at school. He sometimes **hates** kids who have more than he is able to have.
There are days when he **hates** the world.



THE UNDER-REACTION

Perhaps he should keep to himself or just stay home from school.



THE OVER-REACTION

Perhaps he should be sassy to his parents and sarcastic to his classmates – especially those who have more than he does. That would show them all!



IN THE END...Sammy has not helped himself.

Staying home from school is like the ostrich hiding its head in the sand – the problems have not gone away. Becoming sassy with his parents will only make his home life worse. Becoming sarcastic with friends and classmates will only make him less popular.

Keeping to himself and staying home from school are **UNDER-REACTIONS**. The problem just gets bigger. Being sassy and being sarcastic are **OVER-REACTIONS**. The problem just gets bigger.

Using the S.A.T. Plan – The Pressure to Fit in at School



Sammy decides to look at ways that will make his problem smaller. He wants to feel better about himself. He wants to deal with his feelings of not fitting in at school in more positive ways. He wants to decrease his feelings of being disliked and increase his feelings of confidence at school.

**Sammy uses the 4- part SAT
(Sensible Acting & Thinking) Plan.**



STOP. RELAX.

Sammy monitors his own feelings. When he begins to feel rotten about not fitting in, he immediately tells himself, **"Stop. Relax. Cool down. Stop thinking that way!"**

He may need to do this when a classmate says something, or when he sees someone wearing new clothes, or when he thinks that people are ignoring him, or when someone makes a snide comment.



THINK SENSIBLY. BE CALM. BE STRONG.

Sammy starts to challenge the truth in his negative self-talk. He changes negative self-talk to positive self-talk.

THE TRUTH IS...

"My friends won't disown me if I don't have as much as they do."

"I don't have to have things in order to fit in at school."

"I don't have to fit in all the time, anyway."

"Sometimes kids are just insensitive – I can deal with that. I can be calm and strong."



MAKE A PLAN



I'm going to wear what I
want - not what others
want me to wear.
I'm going to stop all my
negative thinking
about this.

A speech bubble containing the text: "I'm going to wear what I want - not what others want me to wear. I'm going to stop all my negative thinking about this."



MAKE A CONNECTION

Sammy has a chat with his buddy, Juan. They have a good talk about all the pressures of fitting into the group at school. Sammy finds out that Juan often feels the same way.








IN THE END...Sammy has helped himself.

When something happens at school to trigger his feelings of not fitting in, he **stops himself**. He changes his negative self-talk into **positive self-talk**. He reminds himself that friends are important, yes, but needing to "fit" through clothes and things and money is a dead-end street.

Now, he acts differently. When he starts to become sassy with his parents or sarcastic with friends he stops himself. He learns to **fit in on his own terms**, and he makes an **important connection** – this time with a buddy. Slowly, steadily, he is becoming **more confident**.

Practice and Share – The Pressure to Fit in at School

<p>My Picture</p> 	<p>What has happened? OR What might happen?</p>
 <p>STOP. RELAX.</p> <p>What other self-talk could help me avoid over-reacting to a feeling of not fitting in at school?</p>	 <p>THINK SENSIBLY. BE CALM. BE STRONG.</p> <p>What other positive self-talk could help me think sensibly about this?</p>
 <p>MAKE A PLAN</p>	 <p>MAKE A CONNECTION</p>
<p>IN THE END...What is Likely to Happen? Be honest. Be realistic.</p>	