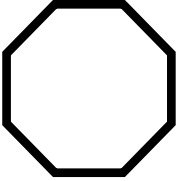
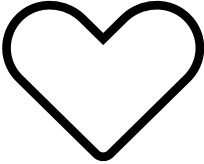
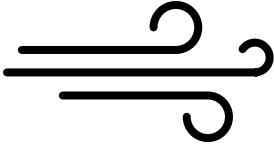






LESSON HANDOUT

Be Your Own Boss

STOP	FEEL	BREATHE
		
Do not respond immediately.	In your own mind, identify your feeling.	Take a few deep breaths.
THINK THREE		RESPOND
		
Do not react until you think of three ways to respond.		Choose one and use "I" statements.

BE YOUR OWN BOSS SCENARIOS

- You are in Target and see a shirt you want to buy, but you are saving up to buy a skateboard.
- You are in an argument with your sister, and she hits you.
- You find yourself continuously eating while binge watching a show.
- The person sitting next to you in class keeps tapping their pen on the table.
- An acquaintance wrote something untrue about you on social media.
- You called and texted a friend with an urgent question, but they have not gotten back to you yet.
- You lose something your mom loaned you, and she yells at you when you tell her.
- Create your own scenario.