



LESSON HANDOUT

Inner Grump vs. Inner Optimist

SITUATION

The Inner Grump Says...

The Inner Optimist Says...

I know the problem is only temporary, so this is the action I will take to make the situation better.

When you arrive at school, it is raining and you do not have a raincoat. You run through the rain to enter the school.

Now I am all wet, and I am going to be uncomfortable all day.

I am going to go to the bathroom and use the hand dryer to dry my socks.

You really want steak for dinner, but your dad makes hot dogs instead.

You get in a fight with your friend at school because he takes your fruit snacks and eats them all.

You have a big test in the morning, and your grandmother makes you go to bed early.

Your father tells you he will pick you up immediately after school, but he arrives an hour late.

Your soccer team does not win the championship.

You are bored, and you have no more screen time left.
