

GLOSSARY

conflict: a state of disharmony between persons, ideas, or interests; a clash.

dynamics: the forces producing or governing activity or movement.

erupt: to emerge violently from restraint or limits; explode.

escalate: to increase, enlarge, or intensify in a gradual manner.

intolerance: 1. incapacity or unwillingness to bear or endure. 2. to refuse to allow opposing beliefs.

miscommunication: failure to communicate caused by unclear speech or misunderstanding.

misspeak: 1. to speak or pronounce incorrectly. 2. to speak mistakenly, inappropriately, or rashly.

mood: a temporary state of mind or emotion in regard to a feeling.

oppose: 1. to be in conflict with. 2. to position so as to be facing or confronting something else.

resolution: 1. an explanation, as of a problem or puzzle; a solution. 2. a course of action determined or decided on.

resolve: 1. to make a firm decision about. 2. to find a solution for; to solve.

tolerance: the ability or the tendency to recognize and respect the beliefs or practices of others.

trait: a distinctive or specific feature, as of a person's character; a quality; a characteristic.

SOMETIMES I FEEL...

A

adventurous
affectionate
afraid
aggressive
amazed
annoyed
anxious
apologetic
apprehensive
ashamed

B

bashful
betrayed
bold
bored
brave

C

calm
cautious
cheerful
comfortable
competent
confident
confused
curious

D

decisive
depressed
determined
disappointed
disgusted
distressed

E

ecstatic
embarrassed
energetic
enraged
enthusiastic
envious
excited
exhausted

F

friendly
frightened
frustrated

G

grateful
greedy
guilty

H

happy
helpless
hopeful
horrified

I

impatient
incompetent
indecisive
indifferent
insecure
inspired
insulted
intimidated
irritated

J

jealous
joyful

L

lazy
listless
lonely

M

marvelous
mischievous
miserable
moody

N

negative
nervous

O

optimistic
overwhelmed

P

peaceful
perplexed
petrified
positive
proud
puzzled

R

regretful
relaxed
resentful
restless

S

sad
satisfied
secure
serene
shocked
shy
silly
skeptical
sleepy
sluggish
sullen
surprised
suspicious
sympathetic

T

tense
timid
tranquil
trusting

U

uncomfortable
undecided

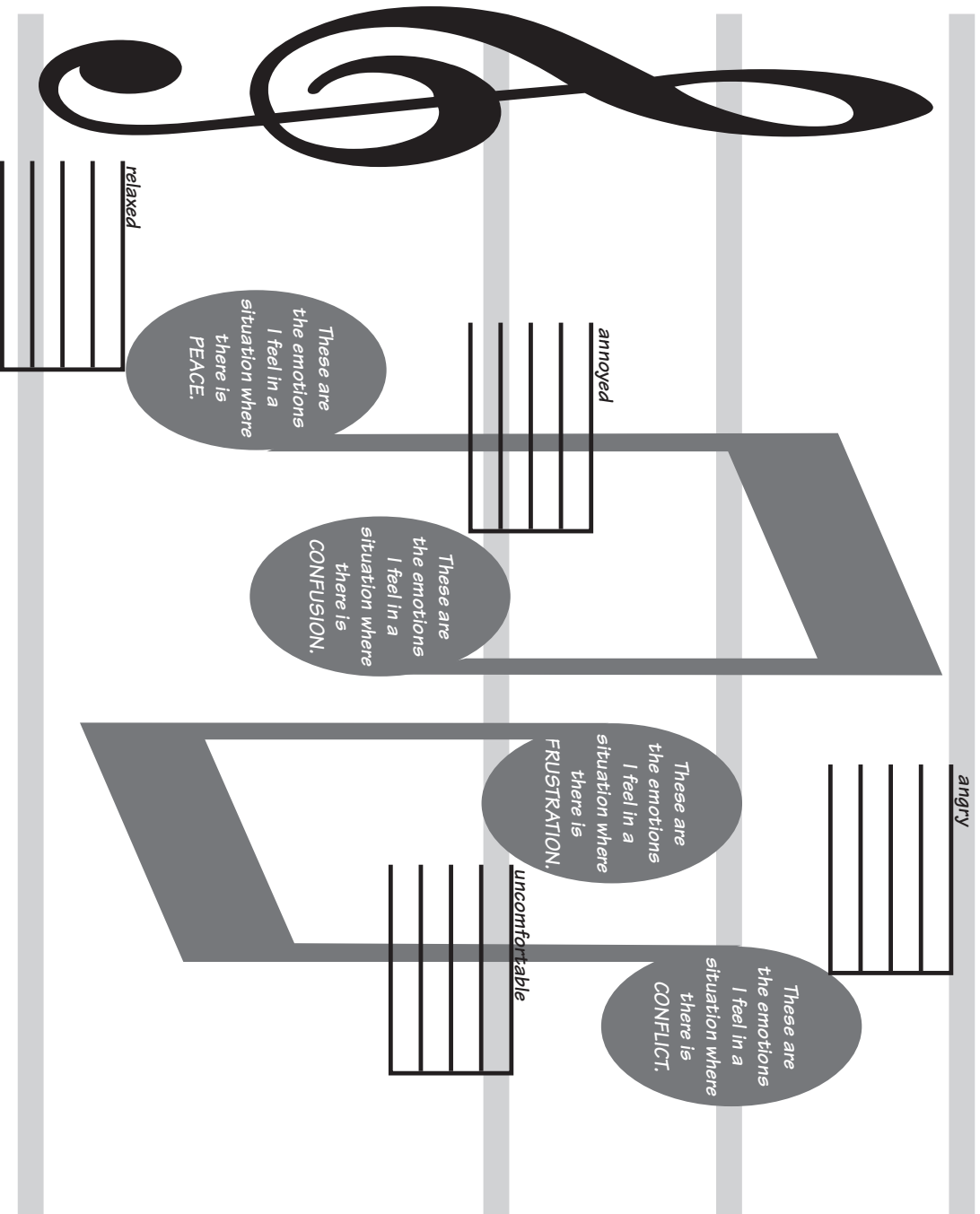
W

wary
whimsical
worried

Z

zealous

SCALE OF EMOTIONS



ACT TWO

Read what each person says. Also, read the text beneath the dialogue to find out what each person meant to say.

PARENT: (*upset, angry*) Where have you been?
(*You're over an hour late, and I've been really worried.*)

SAM: (*defensively*) At a friend's house.
(*I was at Zeke's house and we were having fun so I didn't check the time.*)

PARENT: (*confused*) But I told you to be home! What have you been doing?
(*Did you forget that you had a dentist appointment?*)

SAM: (*insulted*) I told you! I was at Zeke's house!
(*Don't you believe me?*)

PARENT: (*frustrated*) Why?
(*Please just explain why you are so late.*)

SAM: (*anxiously*) Because Zeke got the new game that you wouldn't buy for me
(*Well, I should save for it myself but I don't want to do my chores to get money.*)

PARENT: (*wary*) That is not right, you should have had enough sense
to call.
(*And you have spent all your money.*)

SAM: (*resentfully*) Well, Zeke's mother was going to drive me home!
(*I forgot to call. That's what I should have done.*)

PARENT: (*angry*) That's it! I'm going to call Zeke's mother about this! I had to
cancel your dental appointment!

I-MESSAGES

I-messages are a great way to explain yourself when you are upset. When you use them, people are more likely to listen to you and to respond without becoming angry and defensive. Read the example, and then try to write your own I-messages.

EXAMPLE

Someone in your household often forgets to give you your messages.

I feel upset

when you don't give me my messages

because they are important to me.

1. A classmate has started calling you by a nickname that you dislike.

I feel _____

when you _____

because _____

2. Your teacher hasn't called on you all week, even though you've raised your hand.

I feel _____

when you _____

because _____

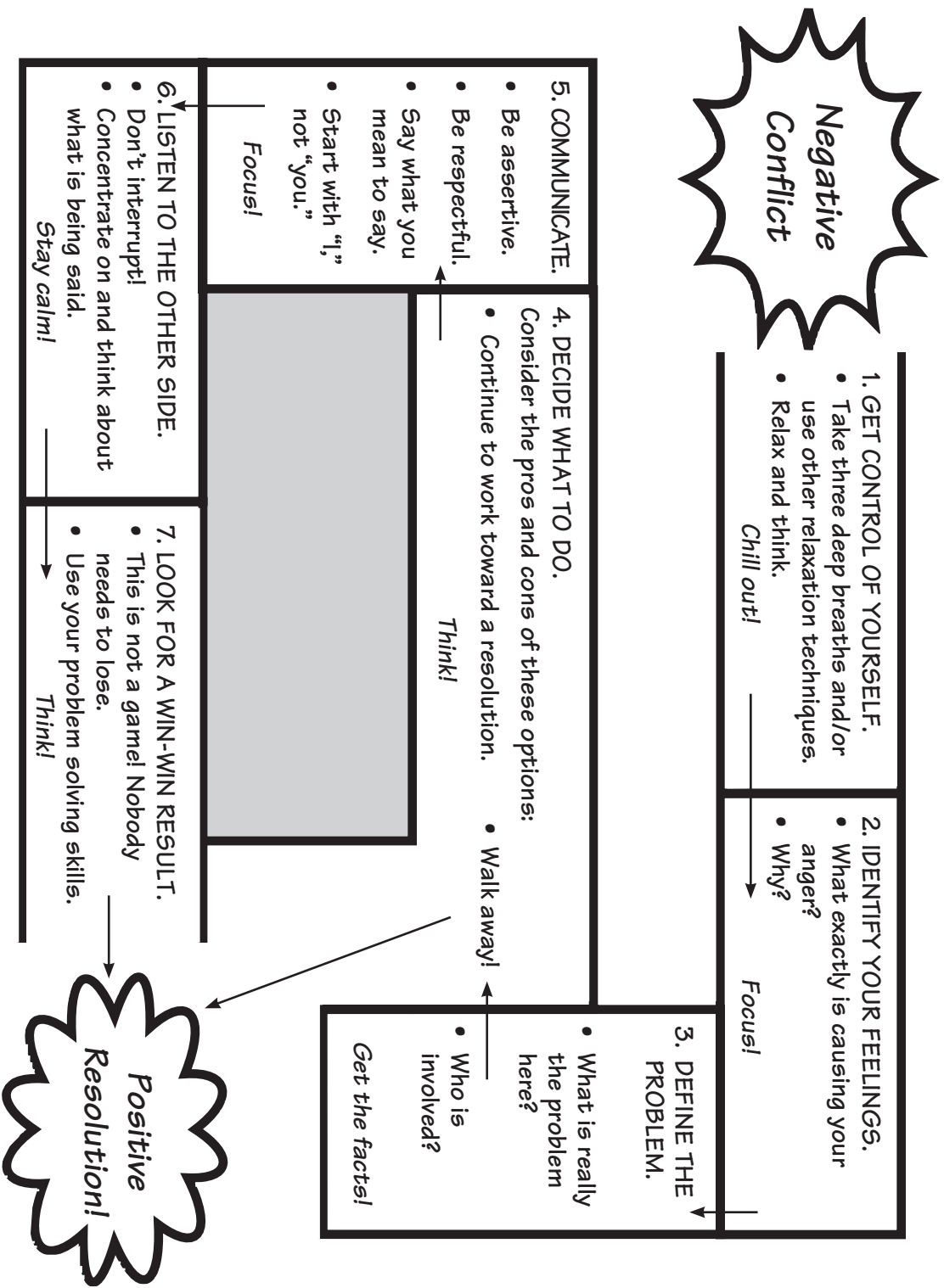
3. One of your friends often borrows your things and doesn't return them.

I feel _____

when you _____

because _____

COVER ALL BASES



DILEMMAS



1. You are playing soccer with your classmates during lunch. Some players are pushing and shoving each other during the game. As everyone walks back to class, someone throws a punch at you. What do you do?

2. Your friend is in a bad mood because she got grounded for a week. You are talking about going to a movie, when she suddenly starts yelling at you. The next thing you know, you're in an argument. What do you do?

3. Your brother has been teasing you all afternoon. You throw a pillow at him and tell him to back off. He throws the pillow back at you and knocks your glasses off your face. What do you do?

4. You hear that someone is accusing you of stealing a jacket. This person lost a jacket that looks just like yours. This person hangs around with a group of people that you try to avoid. What do you do?