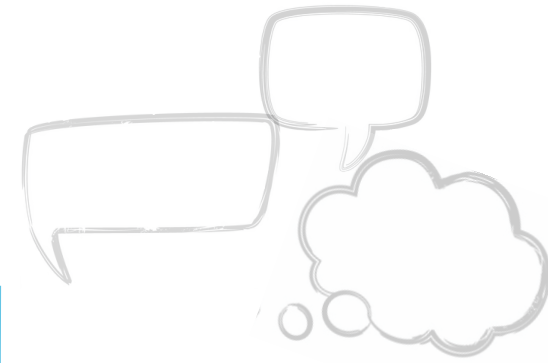




Scratch That, Try Again

We've each been in particularly difficult situations, either the subject of a joke or present where people were ridiculing or provoking individuals or groups. Now's your chance to replay a scenario that could have unfolded differently, whether you were at the center or witnessed someone else take a hit. Reliving such moments can be taxing but can equip you to respond appropriately the next time you find yourself around ill-humor.

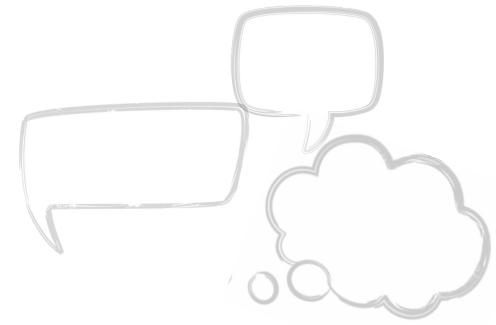


Take 1: The Scene As I Remember It

In the blank space, map out the scene as you remember it. Use speech bubbles to capture the verbal exchange. Each character who was involved in the scene should receive a different shape bubble.

What role did you play in this situation? Did you:

Run away | Speak up | Confront the instigator/s afterwards | Laugh with them | Remain Silent | Something else?



Take 2: The Scene As Could Have Taken Place

Use the blank space to replay the scene. Assuming you had more time to plan your reaction, how would it have played out differently?

Is there a particular clique or group that you're involved with that laughs at the expense of others? If so, what are you willing to commit to doing the next time that comes up?