



## 6.4: De-escalating Conflict

### Attributions Survey

#### Activity:

For each situation: 1) put an "N" beside a negative thought you might have, and 2) put an "R" beside a thought that reframes (reconsiders) the situation in a better way.

1. Your English teacher marks up your papers more than your friends' papers.
  - a) The teacher likes your friends better than you.
  - b) The teacher thinks you're a terrible writer.
  - c) The teacher thinks you can improve your writing.
2. A student at the next table stares at you during the entire lunch period.
  - a) The student has an issue with you.
  - b) The student doesn't like you.
  - c) The student wants to talk to you.
3. A friend makes a sports team and doesn't spend much time with you anymore.
  - a) The friend doesn't want to do things with you anymore.
  - b) The friend prefers to hang out with his or her new teammates.
  - c) The friend is too busy or tired to socialize much.
4. A friend yells at you when you try to comfort her about her parents' divorce.
  - a) Your friend is mean.
  - b) Your friend doesn't want help.
  - c) Your friend is upset about her parents.
5. Your friend is trying to get the attention of a popular group at school.
  - a) Your friend wants to be with them instead of with you.
  - b) Your friend is tired of you.
  - c) Your friend wants a bigger circle of friends.
6. You're called into the principal's office after you watch a fight in the hall.
  - a) The principal thinks you were involved in the fight.
  - b) The principal thinks you are guilty just for watching.
  - c) The principal wants to hear what you have to say.

#### Reflection/Application:

For each scenario above, circle the one you would most likely think.

- Did you choose more "N" (negative) or "R" (reframed) thoughts?
- How can a pattern of thoughts (either negative or positive) influence your interactions with others?