



Respectful Futures

Shaping Healthy Relationships

Module 2

Links between Thinking, Feeling, and Behaviour

Abstract

The goal of Module 2 is to help students understand that:

- There are connections between how we think, feel, and behave.
- In all situations, we have power and choice. Our power is to choose how to respond rather than simply to react in the moment. We always have personal power, and we can always control our choices by being thoughtful about how we respond to situations.
- With our personal power, we also have a responsibility to ourselves and those we come in contact with during our lives to develop mutually accountable relationships based on reciprocity, empathy, and healthy behaviors.

Module 2 introduces the ABCDE Model:

A	Action or event	Life happens	Outside our control
B	Beliefs	Our thoughts and attitudes What I tell myself about what is happening	Within our control
C	Choices	The options we have for responding	Within our control
D	Decisions	How we determine to react or respond to the event	Within our control
E	Evaluation	Was the decision helpful or hurtful?	Within our control

The ABCDE Model invokes the notion of internal control versus external control. People who say they “didn’t have a choice” when they are involved in hurtful actions are wrong. The only aspect of a situation that we cannot control is the actions of others: we always have options as to how we will respond. Throughout our lives, every event or action we are a part of can provide a learning opportunity. If we are able to take advantage of these opportunities, we can grow as socially healthy people. Recognizing what options are available and choosing wisely from among them are hallmarks of interpersonal maturity.

Big Idea

Understanding our own emotional responses to stress and stressors is an important part of gaining control of our lives and maintaining healthy relationships.

Learning Outcomes

Students will:

- Become aware of the importance of knowing what is within our ability to influence or control and understanding what is not
- Become aware of the importance of self-talk and self-awareness (What I tell myself about the situation is more important than the situation.)
- Practise the skill of paying attention to our self (Note: In Module 3, students will focus on paying attention to others.)

Learning Activities and Resources

1. ABCDE Model and Worksheet
2. Two Wolves
3. Self-Talk Matters
 - a. Negative Self-Talk: Creating Chaos
 - b. Positive Self-Talk: Creating Calm
4. Reaction versus Response

For Facilitators

Life happens. Events happen. Situations happen. There are many things in life over which we have no control. For example, weather happens. We cannot make a day sunny or snowy, warm or cold. However, we can control our attitude and behaviour. We cannot control other people's attitude or behaviour. For example, I wake up in the morning and it's raining out. I can be frustrated and tell myself that weather is stupid, I don't deserve a rainy day, I had other plans, I wanted to skateboard today, and this really isn't fair! Bad weather + bad attitude = bad day. Or, I wake up in the morning and it's raining out. I can be disappointed and tell myself that weather is unpredictable. I was hoping to go boarding today, but now I think I will change my plans. Maybe I will stay in and watch a movie instead. Bad weather + good attitude = good day.

It is not what happens to us that determines the quality of our life. It is what we tell ourselves about what happens that determines the outcome. We have no power or control over the weather; we do have the power to choose how we respond to the weather, thus influencing the outcome (whether or not I have a good day!).

Let's get started

The following facilitation notes provide context and strategies that instructors can rely on during their delivery of the resources. PowerPoints have been developed and a small number of short videos have been selected to correspond with the module's materials. Those are located on the Respectful Futures site.

Facilitation Notes

ABCDE Model

The ABCDE Model is a very powerful tool for helping people understand the role they play in keeping relationships healthy. Allow sufficient time for students to thoroughly dissect each of the components of the model and fully understand how they “own” the decisions they make.

1. Begin by reading the case study aloud. Give students time to discuss what they have read and to consider how they will respond.
2. Conduct a debrief, highlighting the reasons for their suggested response. Ask them to consider what the effect of their response might be.
3. Distribute the ABCDE Worksheet, which deconstructs the case study. Review the material with the group. (Note: The information on “react or respond” may need to be explained and will be revisited later in the module.)
4. Have students create their own analysis of a situation, using the blank worksheet of the ABCDE Model. Invite students to share their analysis if they feel comfortable doing so. Ask others to act as friendly critics and suggest better responses.

The Two Wolves

Debrief the Two Wolves story with an eye to highlighting how the ABCDE Model can work in silencing the angry and unwise wolf. This story can be very powerful for students and the discussion should be rich and illuminating.

Colours

Colours is another tool which provides the opportunity to assess how we look at the world.

1. Consider providing a definition of the word attitude: a simple definition is a collection of thoughts.
2. Offer the following descriptions of the four colours.

Colours is a tool that can help us to assess our attitudes by looking at how we interact with ourself and the world or people around us. It is important to remember our thinking and attitudes shift and change in situations and throughout the day, depending on what we think about others or the situation. Colours is not about saying we have one attitude and that's it, but we focus on what we think and how you interact in many different situations. Like with the ABCD model we can not control what happens around us, but we can control and are responsible for our thoughts and behavior.

Colours helps us to look at our thinking by using four different colours.

We'll start with **Green**.

Green – this is I Count, You Count



Green is an attitude that suggests I value myself and the world/people around me. I take myself into consideration, but I also care how others are impacted. I make a very strong effort to ensure that I value myself and others when I make decisions.

It is not “I count me” and then “I count you”, this attitude takes both people into consideration. Often, we will refer to a green attitude as one based in fairness and equality

If I think I Count, You Count, or I Matter and You Matter, what do I think about myself?

- My thoughts and feeling are important
- I believe I am entitled to an opinion and that my opinion matters
- I like myself

If I think You Count at the same time as I Count, what might I think about you?

- Your thoughts and feelings matter and are important
- You have a right to voice your thoughts and opinions
- I believe you are entitled to your opinions even if they differ from mine

If I think this way how might I behave? What behaviours might these thoughts translate into?

- Listening to others
- Respectful communication
- I let others know what I think and feel
- I listen to what you have to say and value your opinion
- I try to problem solve
- I let others know about me
- I try to get to know you and what is important to you
- I work towards equality in relationships
- I stand up for myself
- I respect your right to take care of your needs

With **green thinking**, the intent behind what I do is grounded in collaboration, respect and caring. I believe in equality. There is no bullying or abuse here. I do not engage in behaviours that hurt myself or others.

Green is all about achieving a good balance between my needs, yours, and others' needs. **Green thinking** is not about being perfect or never getting angry; it's about expressing your needs in a helpful way. **Green** is the only colour that is willing to compromise with others.

Red – This is I Count, You Don't Count



Red thinking is really all about me: What I want is important, and I really don't care what you think or what you need. The "I count" in red is much different than "I Count" in green, it takes on more of a 'me first' attitude. It becomes all about me, I matter you

don't. People who have red attitudes are more concerned about themselves than others.

Because red thinking is really all about me, this type of thinking can be considered chameleon-like. By this I mean, I will do or say what I need to in order to get what benefits me.

Red is all about putting you down, demanding that things be done my way, not listening, arguing over nothing, and needing to be right all the time. I will pretend to be your friend, as long as I get my way.

If I think I Count and you don't, what do I think about myself?

- I'm important
- My opinion is the only one that matters
- I need to take care of me
- My immediate needs are most important

The I count here is very unequal as there is no consideration about others

What might I think about others?

- You don't matter
- You're not worth it
- You don't know what you're talking about, or your opinion doesn't matter to me

How might we see a person with red attitudes behave?

- They will do whatever they have to, to get what they want
- Bullying /abuse
- Manipulation
- I do not listen to others
- I do not tell you what I am all about (because I may not know) and/or because you do not need to know
- I am fixated on myself and my needs

The next colour is

Blue - I Don't Count, You Count



Blue attitudes represent an attitude of 'I am not important'. This way of thinking has a strong focus on everyone else. This is where I think others' needs are more important than my own. There is no compromise or collaboration, and I keep my focus on you. Some people refer to a person with this type of attitude as a doormat (you let

others walk all over you).

How might a person with blue attitudes think about themselves?

- I do not have an opinion of my own, or my opinion doesn't matter
- My needs are not as important as others
- I am not equal
- I feel better about myself only when I can take care of others

How does a person with blue attitudes think about others?

- What you say is more important than me
- You know best
- Your opinion is more valuable than mine
- I need you to make me feel better as long as you're happy, everything will be fine
- I want you to like me or accept me because I ultimately don't like me
- Your needs or the needs of others always come first

If I think this way how might I behave?

- I do everything for everyone else.
- I give and give
- I do everything to build you up
- I engage in behaviour that may hurt myself to make others happy

Often someone who has **blue thinking** believes they don't deserve to be treated well, or that someone else deserves it more than they do. There is no compromise with **blue attitudes** and ultimately every decision made considers others, with no consideration of self.

The last colour is

Purple: I Don't Count, You Don't Count



Purple attitudes present as being somewhat chaotic. There is no equality or respect. This type of thinking represents 'I don't care, and nothing is worth it'. This type of thinking is often pessimistic. A person with this thinking may seem angry or that they don't care.

How does someone with a purple attitude think about themselves?

- I do not care what happens to me
- I am not important or worthy
- There is no point in trying because I am just not worth fixing
- My feelings don't matter

How does someone with a purple attitude think about others?

- Nothing you say is important
- I do not value you or your opinion
- You're not worth my time
- Your feelings don't matter

Ask: How would you see a person with this attitude behave?

- They put everything and everyone down
- They always say "screw it"
- They will not attempt anything new
- They don't care to change their lifestyle and don't see the point of change
- Will engage in behaviour that is hurtful to myself and others

When we look at all four Colours, we are not looking at the behaviour but the thinking behind the behaviour. This is important because you cannot 'colour code' someone else. You can only assess your own thinking and the intent behind your thoughts.

Questions to Consider for personal evaluation:

What colour is your thinking most of the time with your friends?

What colour is your thinking most of the time with your family?

What colour is your thinking when you're angry or frustrated in a situation?

What colour would you like your thinking to be most of the time and why?

Self-Talk Matters

1. Before handing out the materials for this section, choose two or three statements from the Negative Self-Talk list. Read these statements aloud one at a time. Ask students to comment on what the statement means and how/when it might be part of a person's thinking. Ask whether they see the statement as positive or negative.
2. Distribute the Negative Self-Talk page and have students read it.
3. Revisit the specific statements you read previously and see if thinking has changed or been confirmed.

4. Ask students to think of a better way to “talk” to oneself than the original statements did.
5. Conduct a debrief on how the new statements might be better responses.
6. Distribute the Positive Self-Talk page. After having the students read the statements, lead a discussion on the probable effects of using positive self-talk.

Reaction versus Response

Use the following case study which relates back to the ABCDE Model. It would be useful here to revisit the model and discuss the benefits of taking the time to make a wise decision before taking action, rather than giving in to a knee-jerk reaction.

Case Study

Daniel and Jordan have been friends since Grade 3. They both love soccer and hockey, and play on teams together and as opponents. There was a soccer game last weekend between the Grizzlies and the Lions. Daniel plays for the Grizzlies and Jordan for the Lions.

Daniel posted photos to a social website and said the Lions played like “losers.” Jordan’s good friend Greg posted, “LOL – you killed ‘em!”

When Jordan saw the posts, he was furious. He immediately reacted by calling out both his friends. He called them “idiots” and said their friendship was over. To get even, he posted an even more insulting comment.

No one is talking now.

Replay/Assessment

Here are a few ideas for wrapping up this session. Feel free to choose from among them, depending upon the flow of the class and/or students’ preferences. Encourage students to choose one that they did not use in Module 1.

- Have students work individually or in small groups to design and make a poster that pulls all of the concepts in this module together.
- Ask students to write on the following:
 - What are two or three things you learned today? Why is this learning important to you?
 - What are you prepared to use in your relationships and why?
 - What do you need more information about? Do some research to provide further information that answers your questions.

- How does the ABCDE Model “fit” with the definition of “healthy relationship” you developed earlier?
- How does the concept of self-talk (either positive or negative) support the ABCDE Model? Include in the discussion the concept of reacting versus responding.
- Based on what you’ve learned, how would you change your use of social media and the way you relate to friends and family? How will these changes improve your relationships?

In Conclusion

This module has focused on healthy relationships from the perspective of how we react or respond to events in our lives over which we have no control.

Understanding that we do have control over how we respond is empowering and liberating. Understanding how our responses (or reactions) impact what happens next is illuminating. By turning negative self-talk to positive self-talk, we can positively influence our relationships.

The next module will focus on understanding and developing respectful communication through active listening and respectful responding.

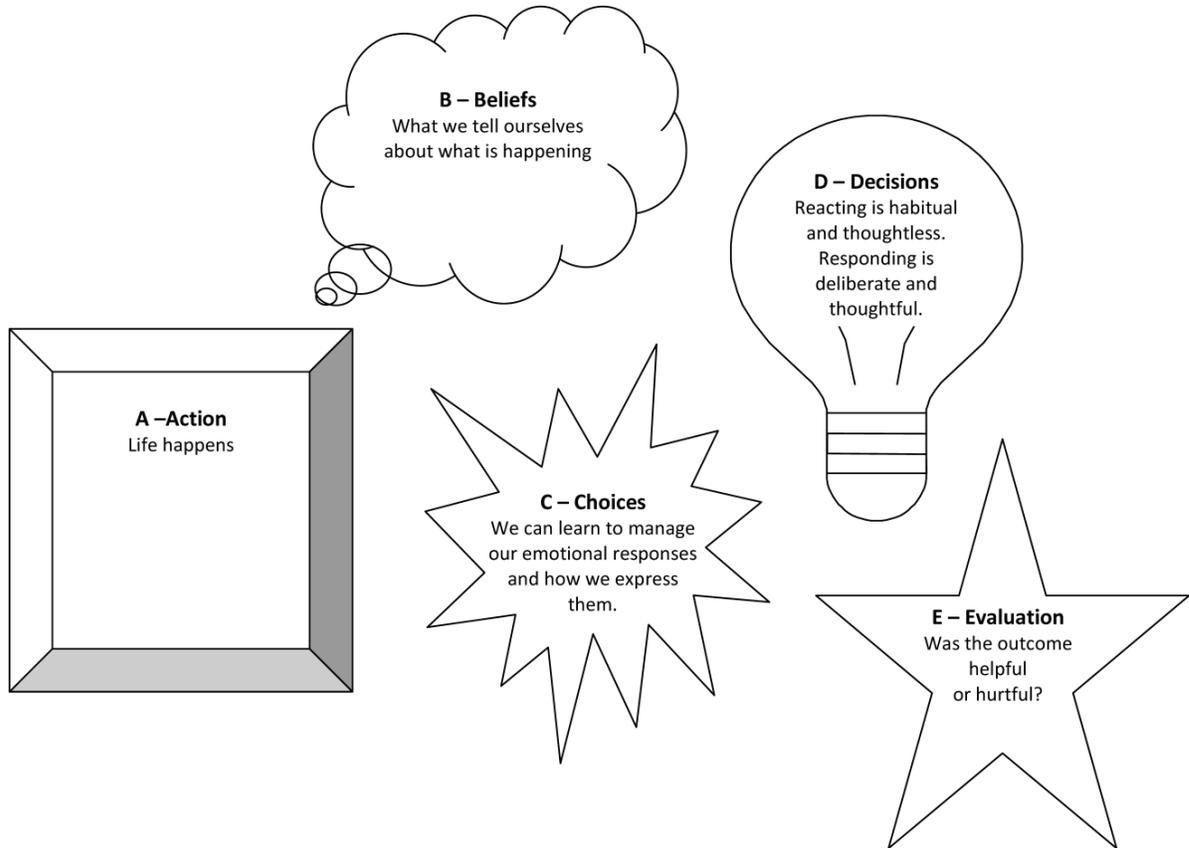
The following pages are the handouts and resources to be provided to learners.

ABCDE Model

An easy way to think about how we react or respond to events is the ABCDE Model shown below. When we *react*, we often do not think about what we are doing; we just jump into the next step without considering consequences. When we *respond*, we take the time to think about what will likely work best in the situation for ourselves and for others. Reactions often lead to chaos and hurtful results. Responding has the potential to resolve a situation in positive ways.

A stands for A ction or event	<ul style="list-style-type: none"> • Life happens. • Such events are outside our control.
B stands for B eliefs	<ul style="list-style-type: none"> • Our beliefs are our attitudes or thoughts: what we tell ourselves about what is happening. (Note that our thoughts may be inaccurate.) • What we tell ourselves is within our control.
C stands for C hoices	<ul style="list-style-type: none"> • In almost all situations, we have options for our actions. • What we choose is within our control.
D stands for D ecisions	<ul style="list-style-type: none"> • We are able to make a decision about what we will do in any situation. • Responding is different from reacting. <i>Reacting</i> is habitual, instinctive, and thoughtless, while <i>responding</i> is deliberate and thoughtful. • How we decide to behave or what we decide to say or do is within our control.
E stands for E valuation	<ul style="list-style-type: none"> • Our decisions affect or influence what happens next. • A relationship can be supported or diminished (made better or worse) depending on how we respond or react.

ABCDE Model



ABCDE Worksheet

Following is an example of how the ABCDE Model plays out in action. Think about the differences between the negative self-talk that often escalates a situation and positive self-talk that has the potential to calm a situation.

A – Action Life happens.	B – Beliefs What we tell ourselves about what is happening	C – Choices What are my choices?	D – Decisions Do we <i>react</i> (habitual and thoughtless) or <i>respond</i> (deliberate and thoughtful)?	E – Evaluation Was the outcome helpful or hurtful?
Negative Thinking = Negative Self-talk – Creating chaos				
Daniel posts something on social media. Greg “likes” the post and adds fuel to the fire. Jordan is angry.	You’ve got to be kidding. What the ...? How dare they! They’re ganging up on me.	They can’t talk like that and still be my friends.	I post something mean to teach them a lesson.	Hurtful. I am hurt. My friends are hurt, and neither of them is talking to me.
	Positive Thinking = Positive Self-talk – Creating calm			
	OMG! That hurt! I hope that they were just excited and got carried away.	I could sit here feeling hurt and angry, or meet up and talk with my friends.	I met with my friends and talked it out.	Helpful. I understand that their intention wasn’t to hurt me. They understand that the impact was hurtful.

Using the chart provided below, describe how you dealt with a situation that you might want to do again in a better way. In the negative self-talk section, say what happened when you reacted and how it ended. In the positive self-talk section, imagine how you might have done it differently and suggest better ways to deal with the situation.

A – Action Life happens.	B – Beliefs What we tell ourselves about what is happening	C – Choices What are my choices?	D – Decisions Do we <i>react</i> (habitual and thoughtless) or <i>respond</i> (deliberate and thoughtful)?	E – Evaluation Was the outcome helpful or hurtful?
Negative Thinking = Negative Self-talk – Creating chaos				
Positive Thinking = Positive Self-talk – Creating calm				

Two Wolves

One evening an old man was sitting around a fire with his grandson. “My son,” the old man said, “There is a battle that goes on within each one of us. It is a battle between two wolves. One of the wolves is unwise. It is the wolf of anger, jealousy, regret, greed, arrogance, self-pity, shame, and resentment. The other wolf is wise. It is the wolf of peace, love, hope, kindness, empathy, generosity, truth, and compassion.”

The old man’s grandson sat in silence and thought for a minute about what had been said. Then, looking up, he asked his grandfather, “Which wolf wins?”

The old man simply stared into the fire and replied, “The one you feed.”



Work in small groups to discuss the following questions.

1. What do you suppose the old man meant when he said, “The one you feed”?
2. What is the effect of having the angry wolf get all the food?
3. Which wolf is being fed when you watch TV, go on social media, or listen to others? How do you see the consequences and effects playing out?
4. How do you resist being pulled into feeding the angry, unwise wolf when others around you are feeding it?
5. What advice would you give yourself and others about feeding the wolves? How do you see the advice as supporting a happy and positive relationship with others?

Colours

Colours is a tool that can help us to assess our attitudes by looking at how we interact with ourself and the world or people around us. It is important to remember our thinking and attitudes shift and change in situations and throughout the day, depending on what we think about others or the situation. Colours is not about saying we have one attitude and that's it, but it's a tool that focuses on what we think and how we interact in many different situations.

<p>Green – this is I Count, You Count</p>  <p>Green is an attitude that suggests I value myself and the world/people around me. I take myself into consideration, but I also care how others are impacted. I make a very strong effort to ensure that I value myself and others when I make decisions.</p>	<p>Red – This is I Count, You Don't Count</p>  <p>Red thinking is really all about me: What I want is important, and I really don't care what you think or what you need. It becomes all about me, I matter you don't. People who have red attitudes are more concerned about themselves than others.</p>
<p>Blue - I Don't Count, You Count</p>  <p>Blue attitudes represent an attitude of 'I am not important'. This way of thinking has a strong focus on everyone else. Some people refer to a person with this type of attitude as a doormat (you let others walk all over you).</p>	<p>Purple: I Don't Count, You Don't Count</p>  <p>Purple attitudes present as being somewhat chaotic. There is no equality or respect.</p>

Self-Talk Matters

Negative Thinking = Negative Self-Talk: Creating Chaos

Negative self-talk is the thoughts we use to build up feelings of anger (feeding the unwise wolf). Negative self-talk moves you from feelings of hurt, fear, or anxiety (Iceberg Model of Anger) to bigger, less manageable feelings of anger or rage. It can make a neutral situation bad, and a bad situation worse.

Some of the talk that goes on inside your head may sound like this:

- I don't deserve this kind of treatment. This is their fault, not mine!
- Who do they think they are? Do they think they know better than me!?
- How dare they question me!
- They should have known better. It's their fault.
- Why are they being so stupid? They know I hate it when they do that!
- This is not my fault. They pushed my buttons.
- They never listen to me; I'm done listening to them!
- No one cares about what I want!
- Look what they're doing to me!
- This is not my fault. I had no choice! They made me behave that way!
- I was just joking. They are way too sensitive! Can't anyone even take a joke?
- That's just the way I am. They knew that when we got together.
- It's not really my fault. I was drunk/loaded/depressed.
- Who died and made them the boss?
- They don't care about me, why should I care about them?
- How dare anyone criticize me!
- I told them not to do that!
- What do they expect when they behave like that!?
- They have no right to tell me what to do!

When you are using negative self-talk, you are probably:

- Blaming
- Assuming the worst
- Accusing
- Using black-or-white thinking
- Rationalizing/justifying/defending your angry behaviour

In the short term, negative self-talk may make us feel better; however, it often costs us in the long term. Short-term results include:

- A false sense of power and control, of being in charge
- Feeling self-righteous
- Feeling vindicated

Long-term results include:

- Regret over the things you said and did
- Loss of trust and intimacy
- Pushing away the person you want to be close to

Self-Talk Matters

Positive Thinking = Positive Self-Talk: Creating Calm

When people change their self-talk, they can change the outcome of a situation. When you notice that your negative feelings are escalating and that you are getting angry, take a deep breath and take a time-out. It is your job to manage your anger and your behaviour. Positive self-talk means taking charge of your thoughts and feelings (you are in control).

Read the following statements and choose several that you can relate to. Use them when you need to calm yourself down.

- Hold on! I can feel my stress building. I need some time to think about this.
- I don't have to control the situation. I have to control myself.
- My job is to figure out what is going on for me.
- I don't need to prove myself in this situation. I can stay calm.
- I need to breathe and keep my cool.
- I am the only person who can make me mad or keep me calm.
- It's time for me to relax and slow things down.
- I don't need to feel threatened. I can talk myself down and stay calm.
- Nothing says I have to be competent and strong all the time. It's OK to feel unsure or confused.
- It's OK to be uncertain or insecure sometimes. I do not have to be in control of everything and everybody.
- I can handle criticism. Nothing says I have to be perfect.
- If this person wants to go off the wall, that is their business. I don't need to react to their anger or feel threatened.
- Most things we argue about are not worth the fight and hurt feelings. I can walk away without making it worse.
- I am feeling anger. I need to breathe and look beneath the surface (Iceberg Model of Anger).
- People are going to act the way they want to, not the way I want them to.

Negative self-talk has short-term benefits and long-term costs. Positive self-talk has both short-term and long-term benefits. Short-term results include:

- Feelings don't become unmanageable; anger doesn't take over.
- Taking a time-out gives you an opportunity to identify your primary feelings. (Anger is a secondary feeling.)
- No one gets hurt.
- You don't say or do anything you regret.

Long-term results include:

- You have an opportunity to communicate your feelings.
- You build trust and intimacy.
- It is easier to stay calm next time.
- You will learn how to respond rather than react.
- You increase your self-esteem.
- You behave in a way that garners self-respect and the respect of others.

Reaction versus Response

Life happens. Things happen. How you behave is critical.

When you are reactive, you:

- Are in knee jerk mode, not thinking things through
- Focus on what is not in your control (environment, circumstances, and other people)
- Think reactively and use reactive language
- Have a blaming and accusing attitude
- Feel and act like a victim
- Generate negative energy
- Focus on the problem and neglect areas that you have influence over
- Avoid accountability
- Are asleep, reactive (not proactive), and behaving out of habit

When you are responsive, you:

- Are thinking things through
- Focus on what is within your control (especially your thoughts, feelings, and behaviour)
- Ask yourself, “What can I do that will make a difference?”
- Think and act responsively
- Act in self-responsible ways
- Generate positive energy
- Focus on solutions, options, and choices
- Behave accountably
- Are awake, paying attention, proactive, and curious