




# Telling A New Story!

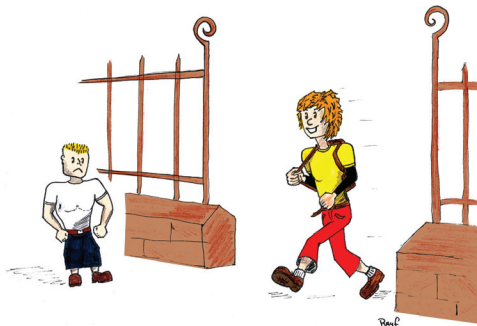
## Tricky Situation - Meeting A Bully

### My "Old Story" (The COW is in charge)

My thoughts	My Feelings	My Actions
<ul style="list-style-type: none"> <li>• Oh no! There's bully Bob</li> <li>• I hate the names he calls me</li> <li>• I just want to run away</li> </ul>	<ul style="list-style-type: none"> <li>• Scared</li> <li>• Angry</li> <li>• Out of control</li> </ul> 	<ul style="list-style-type: none"> <li>• Put my head down and run through the gate</li> <li>• Frown and shake as I run</li> </ul> 

### My "New Story"

My thoughts	My Feelings	My Actions
<ul style="list-style-type: none"> <li>• There's Bob at the gate!</li> <li>• If he calls me names, I know it's his problem - not mine</li> <li>• I'll draw on "my strengths" and walk calmly on by</li> </ul>	<ul style="list-style-type: none"> <li>• Confident</li> <li>• Calm</li> <li>• In control</li> </ul> 	<ul style="list-style-type: none"> <li>• Hold my head high and walk calmly through</li> <li>• Smile and say 'good morning Bob' and keep walking</li> </ul> 



**I know what I think about I can bring about - and I can choose my thoughts!**