



Name: _____

“I can’t believe you did that! I’m so angry, I’m going to ruin yours now too!”

Does any of this sound familiar? It could be happening in your very own home: Someone wants to get revenge! It’s natural to feel the urge for revenge when you think someone has done something mean, disrespectful, or wrong to you. But it’s important to learn to resist this urge, because revenge will often make the problem worse.

With an adult family member, talk and write about times when you might feel the urge to get revenge and what you can do to resist.

For the Student to Answer

When my sibling (or young relative or neighborhood friend) does _____, it makes me feel _____.

When the above happens, I sometimes feel like getting revenge. But if I do, it can make the problem _____.

To resist the urge to get revenge, I do (or will do) the following (check all that apply):

- Count Ignore him or her Deep, centered breathing Forgive him or her Walk away
- Use positive self-talk (write example here): _____
- Other: _____

For Your Adult to Answer

I can help you resist the urge for revenge by helping you do the following (check all that apply):

- Count Walk away Use positive self-talk Forgive him or her Deep, centered breathing
- Other: _____

Now help your student practice the items you checked above.

This homework assignment was completed on _____ _____ <div style="display: flex; justify-content: space-between; font-size: small;"> (DATE) (ADULT SIGNATURE) </div>
