

How Would You De-escalate? Scenarios

Scenario 1

One weekend, you plan to take your new girlfriend to a party at your friend's place. Your girlfriend says that she would rather go to a movie with you alone, since she is not comfortable with your group of friends yet. You get angry and start yelling at your girlfriend that she is selfish. She storms out of the room.

STEP 1: STOP.

STEP 2: THINK.

STEP 3: FEEL.

STEP 4: ACT.

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Scenario 2

You have been playing basketball after school with your best friend, Anthony, at the community centre for years. You both try out for the school basketball team. While you make the team, Anthony is cut. He is bummed out, but you tell him he needs to get over it. He keeps sending you mean text messages arguing that he is just as good of a player and it is not fair. Later, you see him in the hallway at school and he tells you that he does not want to hang out anymore. You are really upset.

STEP 1: STOP.

STEP 2: THINK.

STEP 3: FEEL.

STEP 4: ACT.

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Scenario 3

You are good friends with both Liz and Hardeep. The three of you do everything together. One day Liz tells you that Hardeep hurt her feelings and she does not want to hang out with her anymore. Later, you are standing with Liz by your locker and Hardeep approaches. Liz grabs you by the arm and gets you to walk away without saying hi. Later in the lunch room, Hardeep approaches to sit at your table, and Liz tells her there is no room. You feel uncomfortable and try to talk to Liz about it. She tells you that she is the only friend you need. Hardeep shows up at your house that evening and bursts into tears when you answer the door.

STEP 1: STOP.

STEP 2: THINK.

STEP 3: FEEL.

STEP 4: ACT.
