Just Push Pause

Scenarios

You overhear your best friend bad-mouthing you in front of a group. She doesn’t know you overheard the conversation. Just 5 minutes ago, this same friend was sweet talking you to your face. You feel hurt and betrayed.

You have been practicing every day to make the football, basketball, cheerleading team etc. The day comes for tryouts and you know you have this in the bag. When the team is announced your best friend makes the team and you don’t. You feel angry and hurt.

You have worked really hard on a huge assignment and know that you will earn an A. When you get your assignment back, you think the teacher has made a mistake and gave you the wrong grade. You feel angry that you didn’t earn the grade you think you should have.

You come into class and know that you are supposed to be completing your warm up. You don’t understand what the warm up is so you turn to your neighbor and ask them to clarify it for you. Your teacher gets angry and yells at you to be quiet.

You have liked this boy or girl for what seems like ages. You do everything in your power to get him or her to notice you. You confide in your best friend your feelings for this person and you find out that they have asked your best friend out. You are hurt and very angry at your best friend.

You and your friends have been planning to go to the high school foot game. You have been planning to go out to dinner before and can’t wait to hang out. Your parents have gotten mad at you because of the poor grades you have been earning in school, so they told you couldn’t go to the game.