

Name(s): \_\_\_\_\_

## Proactive vs. Reactive Language

It is easy to get a case of **victimitis** when we are given more responsibility and are experiencing so much change in our lives. Symptoms of victimitis include constant finger-pointing, failing to accept responsibility for anything, and making excuses.

People with victimitis can be diagnosed by the use of reactive language.

Reactive Language	Proactive Language
takes power <b>away from us</b> and gives it to someone or something else.	gives power and control <b>to us</b> .

*Read Jordan's story and decide which statements are reactive and which are proactive. Highlight the reactive statements with one color and the proactive statements with another.*

Last year, the worst thing ever happened to me. My dad got transferred to a different state for his job and my family moved to a new town. My parents made me switch schools, leave my friends and start over in a brand new place. I felt so helpless, like there was nothing I could do. I kept wondering why this was happening to me. Why did my dad have to get transferred? I was so mad at my parents! I told them that they were ruining my life.

At first, I was pretty miserable. I went to school, and didn't talk to anyone. I ate lunch at the end of a table, by myself. My teacher suggested that I join a club, but I just shrugged and decided to go home every day after school. Amanda, a girl in my class asked if I wanted to go to the dance with a group of her friends, but dances aren't my thing.

Finally, I was tired of being so unhappy. I thought about what my teacher told me, and went up to Amanda and asked if she knew what clubs were offered at the school. I chose one, and within a week, I met a few people I like. Now, I sit with them at lunch and in my classes. Next year, I think I will choose to join another club, too.

Whatever happens, I know I will keep trying new things. I've learned a lot about myself. I guess my parents aren't so bad after all.

In the end, how did Jordan choose her own weather?

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