

# THE STRUGGLE

## **"Rage, Resentment, or Run away!"**

### **Conflict Scenarios**

Scenario 1: You just got home from a long day at school. You took two really hard tests, played hard in PE, and finally get a moment to relax. You sit on the couch and start enjoying your favorite video game. Two minutes later your mom walks into the room, starts shouting that you're being lazy, and asks you to complete a list of chores immediately.

Scenario 2: You and your boyfriend/girlfriend have been going out for a while. However, you feel like they have been spending a lot more time with their other friends and not giving you much attention. You are going through a lot right now and want to be able to talk to them, but they just aren't giving you the time of day.

Scenario 3: You told your best friend about someone you had a crush on. Later that night at a party, you notice your best friend "talking" to your crush. They're obviously flirting. Next day you see a pic on Instagram of them together. You read the caption and find out they're now dating.

Scenario 4: You're in a serious discussion over texting with a close friend who's struggling. You're in the middle of trying to help them with their problem, but the bell is about to ring. You sit in your desk in class and continue typing. You feel like you're really helping them with the situation. Suddenly, your brilliant advice is interrupted with an "EXCUSE ME!" from your teacher. Everyone is looking at you. The teacher is red in the face and starts to write you up. He asks you to hand over your phone.

Scenario 5: You went out for buffalo wild wings with friends last night and you ordered some extra so you'd have leftovers. Lunch in the cafeteria was super lame, so you are looking forward to some delicious honey barbecue boneless wings. You get home, stomach growling, open the fridge, and the boneless wings are gone. You walk into the living room, and there's your brother playing video games. Sitting on the coffee table in front of him is the empty black Styrofoam container...

Cut these cards out to give each young person a role for the activity.

RAGE: You react with ANGER. Lots of yelling. No desire to make sense of the situation or respond logically.

RESENTMENT: You respond with bitterness, passive-aggressiveness, and just generally act petty toward the person.

RUN AWAY: (Not literally) You just avoid the conflict all together. You try and change the subject or deflect blame.

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