

TOOL #9C - MENTAL SPARRING
Insult Me 'Til I'm Strong!

BULLY 1

(Shout an insult at the Volunteer. Make it up! Shout it loud. Be angry! Call this student a name! Be real!)

VOLUNTEER 1

(Focus on your own thoughts. No matter what the Bully says to you, focus on your thoughts!) **You are absolutely right when you say that about me. That's exactly how I am. I have always been that way. Maybe I always will be that way. Your words don't upset me. I control my feelings — not you.**

BULLY 2

(Shout an insult at the Volunteer. Shout it loud. Be angry! Call this student a name! Be really, really angry!)

VOLUNTEER 2

(Focus on your own thoughts. No matter what the Bully says to you, focus on your thoughts!) **Whenever I want to, I can take a trip inside my mind and find a quiet place there. It's calm, peaceful, safe and I know I'm in good company. My mind understands that you think what you're saying is true. You are absolutely right! I am NOT going to fight!**