



Name: \_\_\_\_\_

'I can't believe you did that! I'm so angry, I'm going to ruin yours now too!'

Does any of this sound familiar? It could be happening in your very own home: Someone wants to get revenge! It's natural to feel the urge for revenge when you think someone has done something mean, disrespectful, or wrong to you. But it's important to learn to resist this urge, because revenge will often make the problem worse.

With an adult family member, talk and write about times when you might feel the urge to get revenge and what you can do to resist it.

**For the Student to Answer**

When my sibling (or young relative or friend) does \_\_\_\_\_, it makes me feel

\_\_\_\_\_.

When the above happens, I sometimes feel like getting revenge. But if I do, it can make the problem

\_\_\_\_\_.

To resist the urge to get revenge, I do (or will do) the following (tick all that apply):

Count    Ignore him or her    Deep, centred breathing    Forgive him or her    Walk away

Use positive self-talk (write example here): \_\_\_\_\_

Other: \_\_\_\_\_

**For Your Adult to Answer**

I can help you resist the urge for revenge by helping you do the following (tick all that apply):

Count    Walk away    Use positive self-talk    Forgive him or her    Deep, centred breathing

Other: \_\_\_\_\_

Now help your student practise the items you ticked above.

This homework assignment was completed on \_\_\_\_\_ | \_\_\_\_\_  
(DATE) (ADULT SIGNATURE)