

FLIP THE SCRIPT JOURNAL

- #1. Write down the facts of a situation (classroom or otherwise) that really "grinds your gears" or brings an emotional response. Try to think of actual moments, not just a representation of them.
- #2. Write down where you can feel physical sensations during this moment.
- #3. What thoughts are running through your head?
- #4. What is the script/message/tape running through your mind at this moment (this is usually a generalized conclusion)?
- #5. How can you "flip this script"? How can you look at this situation in the moment rather than what your script says is happening?

#1 The Facts	#2 Physical Sensations	#3 Thoughts/ Emotions	#4 What's the {POSSIBLE} script?	#5 How can I flip the script?
<p>EXAMPLE A student told me upon arrival today after having a snow day yesterday that he did not do his homework, because he was sick.</p>	<p>Closed my mouth tightly, walked away- felt annoyed</p>	<p>Annoyed, disbelief. I felt that he was fibbing.</p>	<p>The script is that <i>of course he is going to say he didn't feel well and that's why he didn't do it.</i> He probably never even thought about it or opened his bookbag before entering the classroom today.</p>	<p>When I walked away from him, I realized I was not giving his story any credibility. So, a few seconds later I went over to his desk and asked about his illness and he described a headache/cold.</p> <p>So, I told him that I'm glad he's feeling better and to please complete the assignment tonight for partial credit.</p> <p>What I realized is that at least with rapport with this student maybe he'll consider completing his assignment tonight.</p>
<p>EXAMPLE On Tuesday, I had 9 out of 21 students missing at the beginning of second block.</p>	<p>Flustered... tense.... Thoughts start running...</p>	<p>Frustration with lack of communication since all the students were here just not in my room. Several came with no passes and were in the office....</p> <p>Trying to figure out where all these students are is just one more thing to do. Why can I not teach?</p>	<p>The script is "why does this keep happening to me?"</p> <p>And "Why doesn't anyone want to follow the school rules and let people know where kids are and send them with passes?"</p>	<p>Took a couple of deep breaths... gave the students something to work on and sent the necessary e-mails...With lateness to class, I am pretty good now of "letting it go" and reminding myself not to make the lateness into something bigger because everyone is doing what's best for kids. I don't know what problems they are being helped with.</p>

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