

Situation #1 Game Board: You saw your girlfriend or boyfriend talking to another boy or girl.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #1 Game Tiles: You saw your girlfriend or boyfriend talking to another boy or girl.

+	My boyfriend/girlfriend is so friendly	Proud, happy	Compliment your boyfriend/girlfriend later on in the day
–	My boyfriend/girlfriend doesn't like me anymore	Sad, hurt	Ignore boyfriend/girlfriend's phone calls/texts

Situation #2 Game Board: Your boyfriend/girlfriend breaks up with you.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #2 Game Tiles: Your boyfriend/girlfriend breaks up with you.

+	He/she just wasn't the right person for me anyway	Relieved	Hang out with friends
–	No one loves me; I'll never have another boyfriend/girlfriend	Sad, depressed	Crying, staying home from school

Situation #3 Game Board: You want to hang out with your friends after school, but you have to go to tutoring.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #3 Game Tiles: You want to hang out with your friends after school, but you have to go to tutoring.

+	I'll hang out with them another time	Excited	Call your friends after tutoring session
–	My friends are leaving me out	Sad, lonely	Ignore friends' texts and phone calls

Situation #4 Game Board: Your coach wants you to stay after practice for an extra workout.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #4 Game Tiles: Your coach wants you to stay after practice for an extra workout.

+	Coach wants me to do extra well	Proud, happy	Run around the track more quickly than usual
–	I'm not good/ fast enough	Sad, dejected	Quit the team

Situation #5 Game Board: Your friend spreads an embarrassing rumor about you.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior



Situation #5 Game Tiles: Your friend spreads an embarrassing rumor about you.

+	My true friends won't believe it	Optimistic, brave	Talk to your friends as usual
–	No one will want to hang out with me anymore	Embarrassed, lonely, sad	Cry, stay home from school



Situation #6 Game Board: You get a bad grade on a test for which you studied hard.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #6 Game Tiles: You get a bad grade on a test for which you studied hard.

+	That test was really hard; Everyone did poorly	Hopeful	Study hard again for the next test; ask teacher for advice
–	I'm so stupid; I'm going to fail this class	Down, depressed	Stop paying attention in class; don't study for the next test

Situation #7 Game Board: Your teacher yells at you for doing something that your friend was doing.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #7 Game Tiles: Your teacher yells at you for doing something that your friend was doing.

+	My teacher must not have seen what really happened	Happy, determined	Talk to your teacher at the end of class and explain what happened
–	My teacher hates me	Depressed	Cut class

Situation #8 Game Board: Your sibling took your favorite shirt/video game/bag.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #8 Game Tiles: Your sibling took your favorite shirt/video game/bag.

+	He/she is just borrowing it and will give it back	Happy, giving	Ask your sibling about when he/she is planning on returning it
–	He/she stole it from me	Angry	Yell at sibling; take something of theirs

Situation #9 Game Board: You get in an argument with your friend.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #9 Game Tiles: You get in an argument with your friend.

+	Friends argue all the time	Hopeful	Call up your friend after school to talk
–	My friend hates me; we'll never be friends again	Sad, angry	Avoid your friend in school

Situation #10 Game Board: Your mom/dad/guardian wants you to do your sibling's chores.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #10 Game Tiles: Your mom/dad/guardian wants you to do your sibling's chores.

+	My sibling must be really busy studying for his/her test	Helpful, happy	Complete the chores without complaining
–	My parents don't like me, otherwise I wouldn't have to do this	Angry	Stomp to bedroom, slam the door, and ignore family

Situation #11 Game Board: Your mom snapped at you when you got home from school.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #11 Game Tiles: Your mom snapped at you when you got home from school.

+	She's just in a bad mood	Sympathetic; feel bad	Help her cook dinner and set the table without her telling you to do it
–	She doesn't love me; She's always picking on me	Sad, angry	Yell at her; lock yourself in your room

Situation #12 Game Board: It's graduation day from middle school, and next year you'll be starting school at a new high school.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #12 Game Tiles: It's graduation day from middle school, and next year you'll be starting school at a new high school.

+	I can't wait to start fresh someplace; meet new teachers and people	Excited	Go shopping for new clothes and school materials
–	I don't want to graduate because I'm going to hate high school, not have any friends there	Sad, depressed	Cry; try to miss the first day of high school

Situation #13 Game Board: You've just moved to town, and it's the first day of school.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #13 Game Tiles: You've just moved to town, and it's the first day of school.

+	I can't wait to meet new kids	Excited	Smile and introduce yourself to people you meet
–	I'm not going to make any friends	Sad, lonely	Ignore people as you walk by them in school

Situation #14 Game Board: Your best friend doesn't text you back all night.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #14 Game Tiles: Your best friend doesn't text you back all night.

+	He/she must be busy with her family/doing schoolwork	Hopeful, happy	Talk to him/her in school the next day
–	He/she is mad at me and doesn't want to be my friend anymore	Sad, hurt	Ignore your friend or yell at him/her the next day

Situation #15 Game Board: None of the salespeople are helping you in the store.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior



Situation #15 Game Tiles: None of the salespeople are helping you in the store

+	They must be really busy	Happy	Complete your purchase without any assistance
–	Everyone always ignores me	Angry, depressed	Don't buy what you came in for and ignore everyone in your family the rest of the day



Situation #16 Game Board: Your mom/dad/guardian doesn't buy the present that they promised you.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #16 Game Tiles: Your mom/dad/guardian doesn't buy the present that they promised you.

+	They must have forgotten; they don't have the money anyway	Kind, calm	Ask your parent/guardian about it in a calm way
–	My mom/dad/guardian doesn't love me; otherwise, they would have bought the present for me.	Angry, hurt	Stomp to bedroom, slam the door, and ignore family

Situation #17 Game Board: You ask someone out, but he/she says no.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #17 Game Tiles: You ask someone out, but he/she says no.

+	That person wasn't right for me anyway; it took guts to ask anyway	Glad; brave	Laugh about it with your friends
–	No one will ever want to go out with me	Sad, embarrassed	Ignore your friends; cry

Situation #18 Game Board: Your coach complimented everyone else on the team during practice except for you.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #18 Game Tiles: Your coach complimented everyone else on the team during practice except for you.

+	He doesn't need to compliment me because I know that I do a good job	Confident, proud	Have fun in practice the next day
–	He thinks I'm a bad player	Hurt	Quit the team

Situation #19 Game Board: You don't get picked for the team/play/group.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #19 Game Tiles: You don't get picked for the team/play/group.

+	I'll try harder next year; there were a lot of other great people	Hopeful, confident	Try out for something else; try again next year
–	I'm not good at anything	Sad	Quit everything else that you participate in

Situation #20 Game Board: Your friends don't invite you to go to the mall with them after school.

+	Thought	Feeling	Behavior
–	Thought	Feeling	Behavior

Situation #20 Game Tiles: Your friends don't invite you to go to the mall with them after school.

+	They know I have other plans; my parent/guardian wouldn't let me go anyway	Happy	Call your friends later to see how they are
–	My friends don't like me anymore	Angry	Yell at your friends on the phone later that night

