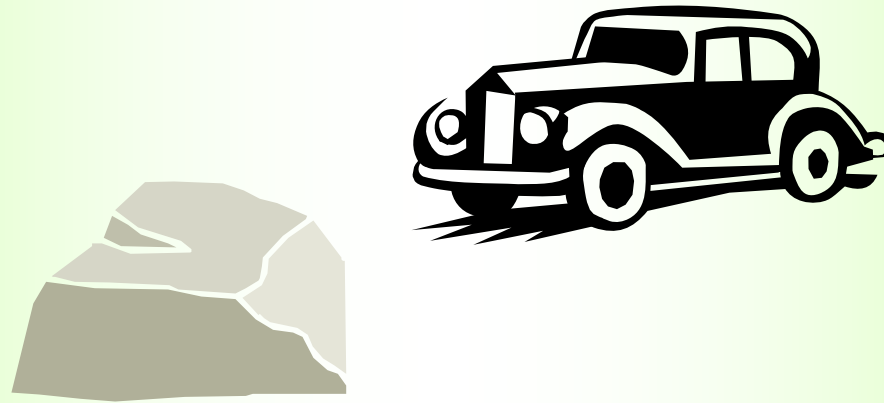
A black and white halftone illustration of a man in a prison cell. He is looking out through the vertical bars with a thoughtful expression, resting his head on his hand. A large thought bubble is positioned to his left, containing text. The cell is divided into two horizontal panels by a thick bar.

It was an
ACCIDENT.
Honest!

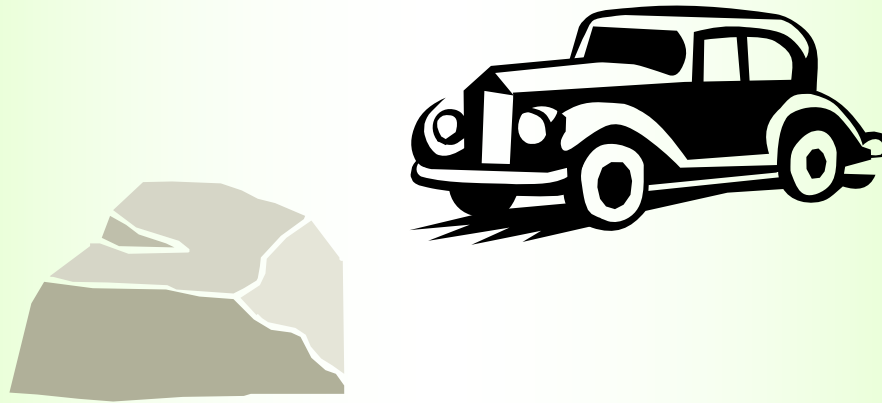
02

Write the number 1 on a piece of paper and then write down 5 things that make you mad.





Now, I'm going to tell you a stupid story.
Don't say, "that's stupid" after you read it,
because I've already told you it's stupid. Here
goes.



A man is driving a car. He goes around a corner and hits a big rock in the road and wrecks.

Did you think it was stupid?

1) You are driving down the road. You go around the corner and before you have a chance to swerve, you run into a bolder on the road. There was no advance warning that it was there. You didn't intend to hit it.

2) You are driving down the road. There was a notice posted to be on the look out for fallen rocks. You are talking on the cell phone. You go around the corner and you look up to see a bolder on the road, but you do not have a chance to swerve. You run into it, but you could have avoided it had you been paying closer attention. You didn't intend to hit it.

3) You are driving down the road. There was a notice posted to be on the look out for fallen rocks. You are speeding. You go around the corner and you see a bolder on the road, but you are going too fast to swerve. You run into it, but you could have avoided it had you been going the speed limit. You didn't intend to hit it.

4) You are driving down the road. There was a notice posted to be on the look out for fallen rocks. You just got your driver's license. You go around the corner and you see a bolder on the road, but you do not know what to do. You run into it. You could have avoided it had you had been a more experienced driver. You didn't intend to hit it.

5) You are driving down the road. There was a notice posted to be on the look out for fallen rocks. You go around the corner and you see a bolder on the road. You tell yourself "I'll hit it and collect the insurance." You intended to hit it.

A) DELIBERATE

B) ACCIDENT

**C) LACKING
KNOWLEDGE AND
SKILLS**

D) CARELESS

E) RECKLESS

Write the number 2 on a piece of paper. Then write the number of the driving situation and the letter of the label you think matches that situation. For example, 2C. Do that for each situation.

Most People Answer This Way:

- 1) **B) ACCIDENT** You are driving down the road. You go around the corner and before you have a chance to swerve, you run into a bolder on the road. There was no advance warning that it was there. You didn't intend to hit it.
- 2) **D) CARELESS** You are driving down the road. There was a notice out to be on the look out for fallen rocks. You are talking on the cell phone. You go around the corner and you look up to see a bolder on the road, but you do not have a chance to swerve. You run into it, but you could have avoided it had you been paying close attention. You didn't intend to hit it.
- 3) **E) RECKLESS** You are driving down the road. There was a notice out to be on the look out for fallen rocks. You are speeding. You go around the corner and you see a bolder on the road, but you are going to fast to swerve. You run into it, but you could have avoided it had you been going the speed limit. You didn't intend to hit it.
- 4) **C) LACKING KNOWLEDGE AND SKILLS** You are driving down the road. There was a notice out to be on the look out for fallen rocks. You just got your drivers license. You go around the corner and you see a bolder on the road, but you do not know what to do. You run into it. You could have avoided it had you had been a more experienced driver. You didn't intend to hit it.
- 5) **A) DELIBERATE** You are driving down the road. There was a notice out to be on the look out for fallen rocks. You go around the corner and you see a bolder on the road. You tell yourself "I'll hit it and collect the insurance." You intended to hit it.

Common Definitions For These Words:

An **ACCIDENT** is something you cannot foresee or avoid.

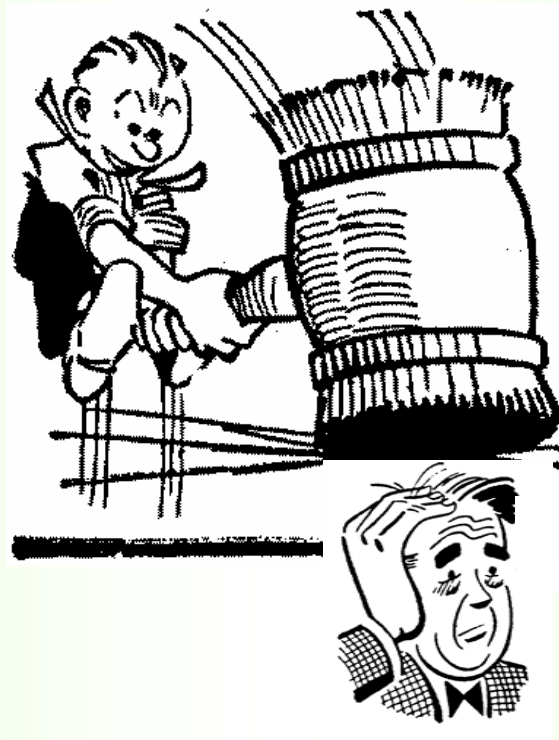
Being **CARELESS** means you are not paying enough attention.
(Note that it does not mean that you don't care).

Being **RECKLESS** means you are taking an unreasonable chance.

LACKING KNOWLEDGE AND SKILLS means you don't have the ability to do otherwise.

DELIBERATE means the outcome is what you wanted.

Most people do not get as upset if someone hurts them by accident as they do if someone went out of their way to hurt them on purpose.



Write the number 3 on your piece of paper. Then write the following words on it too:

Careless

Deliberate

Lack of Knowledge or Skills

Reckless

Accident

Then rank the words on their degree of culpability or blameworthiness. Put a 1 next to the act that you feel carries the least blame, a 2 next to the next least blameworthy and so on - up to 5 for the act that you feel carries the most blame.

Most people rate it this way:

3 - Careless

5 - Deliberate

2 - Lack of Knowledge or Skills

4 - Reckless

1 - Accident



Now - imagine you were standing in a line –
minding your own business and someone cut
in front of you

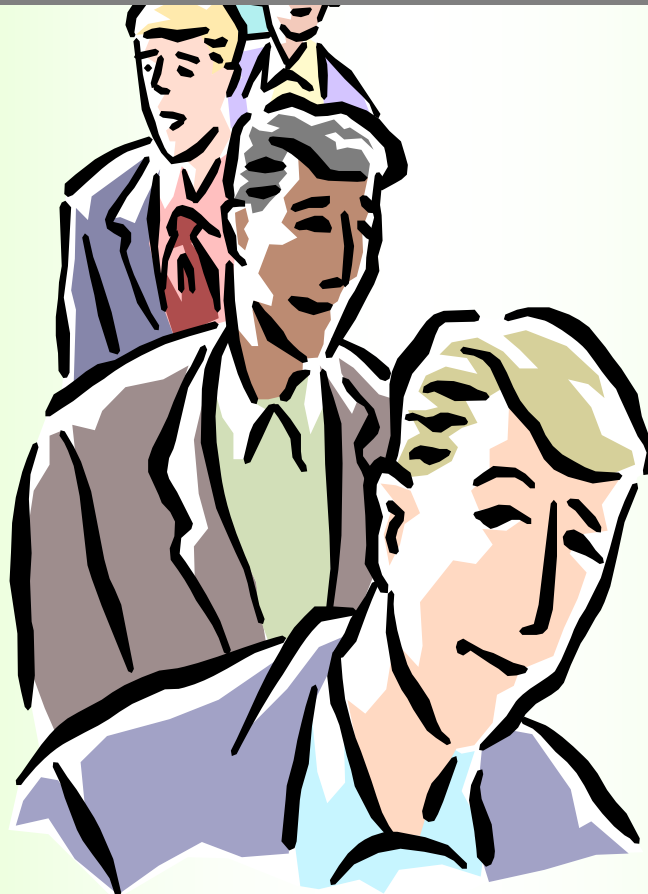


Write the number 4 on your paper and then
write how you think you would feel if
someone cut in front of you like that.





Write the number 5 on your paper and then write what you might think about the person who cut in front of you.





Write the number 6 on your paper and write what you might do in response.



THINKING leads to **FEELINGS** which leads to **DOING**

1) The person who cut in line was thinking, “I had better hurry and get in line.” They are in such a hurry that they do not even notice that they cut in front of you. If they had, they wouldn’t have done it.

2) The person who cut in line was thinking, “I’ll cut in front of that guy. He’s such a wimp, he’ll be too afraid to say anything.”

3) The person who cut in line was thinking, “I’ll cut in front of that guy. He’ll probably won’t mind. If he says anything, I’ll move back.” The guy does mind and a fight results.

4) The guy who cut in line was thinking, “The teacher said that I get to be at the front of the line.” He knows that cutting in line is wrong. However, the teacher forgot that she told someone else that they could be up front. The teacher may have been careless, but the guy who acted on her information thought everything was ok.

5) The guy who cut in line was thinking, I’ll just go to the front of the line.” No one had taught him that cutting in line was bad manners.

A) DELIBERATE

B) ACCIDENT

C) LACKING
KNOWLEDGE AND
SKILLS

D) CARELESS

E) RECKLESS

Write the number 7 on a piece of paper. Then write the number of the cut in line situation and the letter of the label you think matches that situation. For example, 2C. **Do this for each situation.**

Most People Answer This Way:

- 1) **D) CARELESS** The person who cut in line was thinking, “I had better hurry and get in line.” They are in such a hurry that they do not even notice that they cut in front of you. If they had, they wouldn’t have done it.
- 2) **A) DELIBERATE** The person who cut in line was thinking, “I’ll cut in front of that guy. He’s such a wimp, he’ll be too afraid to say anything.”
- 3) **E) RECKLESS** The person who cut in line was thinking, “I’ll cut in front of that guy. He’ll probably won’t mind. If he says anything, I’ll move back.” The guy does mind and a fight results.
- 4) **B) ACCIDENT** The guy who cut in line was thinking, “The teacher said that I get to be at the front of the line.” However, the teacher forgot that she told someone else that they could be up front. The teacher may have been careless, but the guy who acted on her information thought everything was ok and had no way of knowing different.
- 5) **C) LACKING KNOWLEDGE AND SKILLS** The guy who cut in line was thinking, I’ll just go to the front of the line.” No one had taught him that cutting in line was bad manners.

Remember That:

An **ACCIDENT** is something you cannot foresee or avoid.

Being **CARELESS** means you are not paying enough attention.
(Remember, it doesn't mean you don't care.)

Being **RECKLESS** means you are taking an unreasonable chance.

LACKING KNOWLEDGE AND SKILLS means you don't have the ability to do otherwise.

DELIBERATE means the outcome is what you wanted.



Write the number 8 on your paper and then write about what you see as the disadvantages of acting before you know what is really going on when you are angry about something (like someone cutting in line in front of you).



THINKING leads to **FEELINGS** which leads to **DOING**

Write the number 9 on your piece of paper and then write the letter of the reason listed below for the way you acted the last time you got real angry at someone - and did something you regretted later:

A) ACCIDENT (outcome was unforeseeable and unavoidable)

B) CARELESS (not paying enough attention – does not mean don't care)

C) RECKLESS (took an unreasonable risk)

D) LACKING KNOWLEDGE AND SKILLS (did not know how to deal with it effectively)

E) DELIBERATE (the consequences were what you wanted)

Write the number 10 on your piece of paper and then write a sentence or two about why you think you responded that way. What were your thoughts about the person?



THINKING leads to **FEELINGS** which leads to **DOING**

Write the number 11 on your piece of paper and then write a sentence or two about why losing your temper is not an accident, if you know the kind of stuff that makes you mad or if you act before you know what is really going on.



Write the number 12 on your piece of paper and write whether you think avoiding problems is a matter of will power (motivation) or whether a person also needs knowledge and skills. Explain your answer.



1. Understanding the differences between people.
2. Knowing my triggers (things that I get angry about).
3. Knowing ways to manage my emotions.
4. Knowing when I am getting worked up before I do anything I'll regret later.
5. Knowing how to calm down..
6. Knowing how to deal with stress.
7. How to set goals.
8. Having a clear idea about what is important to me.
9. Keeping in mind those things that are important to me so that I don't do anything to harm them.
10. How to solve problems without making more problems later.
11. How to let go of things that I want, but cannot have.
12. How to communicate well enough so that other people really understand me.
13. How to stop blaming other people for things I do.
14. Changing beliefs that seem right, but that get me into trouble.
15. How to stick to my plans and not get sidetracked.
16. How to keep from doing stupid things because of alcohol or other drugs.
17. How to relax.

Write the number 13 on your piece of paper. Then pick 3 of the following knowledge and skills that you think would help you the most with keeping out of trouble in the future. Write their numbers down and then explain why you think they would help.

