

## Rational Emotive Therapy in Action

Student exhibits unwanted behavior



That is wrong!  
He has to stop!  
It is my job to make him stop!



Confrontation  
Time spent in crisis  
Negative routines



Student is controlled



Teacher feels \_\_\_\_\_

Student feels \_\_\_\_\_



Teacher thinks



Well, that was uncomfortable  
He could learn another way  
It is my job to teach him



Schedule teaching  
Time spent practicing  
Positive routines



Student is empowered



Teacher feels \_\_\_\_\_

Student feels \_\_\_\_\_

How you *think* about a situation determines how you *feel* about it which determines how you *react* to it