

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