
COUNSELOR CORNER ISSUE #12 RESISTING REVENGE



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I AM THE SCHOOL COUNSELOR
AT BOTH PERUVIAN PARK
ELEMENTARY AND SUNRISE
ELEMENTARY. PLEASE REACH
OUT IF YOU HAVE ANY
QUESTIONS, OR YOU NEED
SOMEONE TO TALK TO ABOUT
HOW YOU ARE FEELING

WHY RESIST REVENGE?

Usually seeking revenge makes
problems worse.

THINK THROUGH ACTIONS

When we want to “get back” at
someone, we need to think through
what the consequences of our
actions might be, think of alternative
actions, and use our calming-down
strategies.

WHY RESIST REVENGE?

When something small happens, it can often turn into a big thing—even a fight-- if we don’t resist our urge to “get back” at someone. If someone accidentally, (or purposely) rips our paper, if we rip their paper back, they may hit or kick us, continuing on in an ever-escalating way. It is natural to feel anger when we feel like someone has done something mean, wrong, or disrespectful to us, and the urge to seek revenge can be very strong. We need to learn to think through what might happen however, if we try to “get back” at that person, and try to see what we might do differently.

ALTERNATIVE ACTIONS?

Instead of seeking revenge we can learn to ignore some mean actions of others, and/or learn to forgive them. Forgiving others can be difficult, but like any other skill—the more we practice it, the better we become at it. We can build connections in our brains through skill practice, and this can make these skills become permanent.

REVIEW OF CALMING DOWN STRATEGIES

- Stop—Recognize that our feelings have become overwhelming, and force ourselves to stop by showing our stop signal
 - Name our feelings—“I feel embarrassed”, or “I feel angry”
 - Breathing—Do deep, centered breathing
 - Count—Can be helpful to count backwards, or by 2’s or 3’s
 - Positive self-talk—“I feel angry, but I can work through this”, or “I can take some time to work through my feelings”.
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