

Decode! Decode! Decode!
Using the art of decoding to diffuse anger

Child's Statement	Common Adult Response	Effective Decoding Response
<i>I can't do anything right!</i>	That's not true! You do many things that are right!	It must feel frustrating to feel like you never do anything right.
<i>My parents are going to KILL me!</i>		
<i>He deserved it! He was looking at me!</i>		
<i>You don't care about me! Nobody cares about me!</i>		
<i>The teacher never does anything about it!</i>		
<i>I don't have any friends!</i>		
<i>The teacher is out to get me – He hates me and that's why I get in trouble.</i>		
<i>I was just borrowing it. I don't understand why everyone's making a big deal of it!</i>		
<i>Why don't you just drop me off at detention! That's where I'm headed anyway!</i>		