

<b>7 Male Actors:</b>	<b>Jacob</b>	<b>Shane</b>	<b>Best Friend Wally</b>
	<b>FIGHT OR FLIGHT Voice</b>	<b>Mr. Campbell</b>	<b>Inner Wisdom Voice</b>
	<b>Little Kid Voice</b>		
<b>2 Female Actors:</b>	<b>Big Sister Courtney</b>	<b>Little Sister Beth</b>	
<b>2 or more Narrators:</b>	<b>Guys or Girls</b>		


**Narrator ①:** There was once a guy named Jacob. One day, a guy named Shane called him a bad name.



**SHANE:** You wimp! You wuss! You chicken!

**Narrator ②:** Jacob didn't like being called those bad names. He wanted Shane to stop doing that. In fact, he never wanted Shane to call him any kind of name again.


**Narrator ①:** Instantly, his Survival Drive, called the FIGHT OR FLIGHT Instinct, kicked in. That Adrenaline Rush feeling, that FIGHT OR FLIGHT Instinct, warned:

 <p><b>FIGHT</b> <b>or</b> <b>FLIGHT</b></p> <p>His FIGHT OR FLIGHT Instinct Voice Said:</p>	<p>Warning! Warning! You just got called a bad name. It's time for action!</p>
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**Narrator ②:** Jacob had to then ask himself the key question:



**JACOB:** What kind of action?

 <p><b>FIGHT</b> <b>or</b> <b>FLIGHT</b></p> <p>His FIGHT OR FLIGHT Instinct Voice Said:</p>	<p>You can try to FIGHT him in some way or you can choose some form of the FLIGHT option.</p>
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**JACOB:** Which choice should I make: FIGHT or FLIGHT?

**Narrator ①:** Jacob thought very quickly. He knew he needed to react in some way. But he only wanted to react in such a way

that would get Shane to NEVER call him a name again. How could he do that? Audience, please respond.

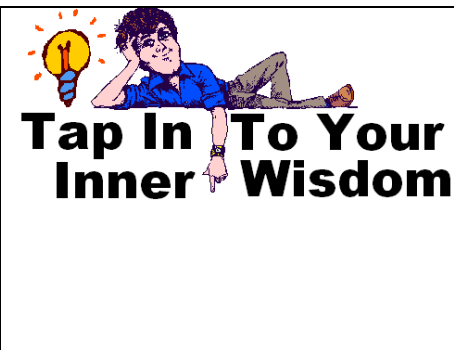


**Narrator ②:** This all happened in a matter of seconds. We're going to slow down the speed so you can hear what each and every voice and thought sounded like.

**Narrator ①:** If Jacob's best friend Wally had been around, Wally would have tried to convince him to choose the FIGHT option by telling him:

**WALLY:** Jacob, the only way you're gonna get Shane to stop calling you a name is to hit him. Hit him hard, while you're at it! That way, you'll show him you're not a wimp or a wuss or a chicken! Show him, Jacob! Hit him!!!

**Narrator ②:** Jacob's Inner Wisdom kicked in. We all have Inner Wisdom inside of us. It is that little conscience voice, our intuition voice, that we all have inside of us if we'll just get quiet enough to hear it. His Inner Wisdom voice said:



Jacob! If you hit Shane, he'll turn into your enemy. Then you'll always have to be watching your back. Plus, if you hit him, you could get caught and maybe get suspended for three days. Then you won't be able to go on that incentive field trip with the rest of your class.




**JACOB:**

Yeah! You're right, Inner Wisdom! I don't want to get suspended for three days. Then I'd get zeroes on all my assignments and missed tests. Also, I don't want to miss out on the big field trip our class is planning. That's gonna be too much fun to miss! Plus, I certainly don't want to have to be watching my back all the time! The last thing I need is another enemy!

**Narrator ①:** Then Jacob imagined Wally saying:

**WALLY:** Well, if you're not gonna hit him, at least call him a name back! Think of a really good one while you're at it! Come on, Jacob! FIGHT him with your words!

**Narrator ②:** Once again, Jacob heard his Inner Wisdom voice say:


 <p><b>Tap In To Your Inner Wisdom</b></p>	Jacob! If you call Shane a name back, then he'll probably just call you another name. So if you FIGHT him that way, he'll still be your enemy, and the name-calling won't stop.
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**JACOB:**

Yeah! You're right, Inner Wisdom! I don't want Shane to keep calling me names. And like I said before, I don't want another enemy!

**Narrator ①:** All of us have an Inner Child who lives inside of us. It is the playful side of us. It is also the side of us that easily gets its feelings hurt. His Inner Child voice said:

	<p><b>The Little Kid Who Lives Inside Of Him Said:</b></p>	Well! He called you some bad names. That hurt my feelings. That makes me want to whine or cry or run away. Choose FLIGHT, Jacob! Let's get away from that mean boy!
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**Narrator ②:** Before Jacob decided to run or walk away or before he decided to show some kind of reaction on his face like tears or whining, he listened to his Inner Wisdom voice say:

 <p><b>Tap In To Your Inner Wisdom</b></p>	Jacob! If you run away or whine or cry, Shane will know that he pushed your buttons. Then he'll just continue calling you names every chance he gets.
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**JACOB:**

Yeah! You're right, Inner Wisdom! I can't listen to my Inner Child voice and choose to run away or whine or cry. My goal is to keep Shane from calling me names anymore. So Wally's plan to FIGHT won't work. And



**JACOB:**

my Inner Child's plan to choose FLIGHT won't work. I wonder what will work?

**Narrator ①:** All of a sudden, his FLIGHT OR FLIGHT Instinct kicked in again. It warned:



His FIGHT OR FLIGHT Instinct Voice Said:



Warning! Warning! Shane is still standing there, and he looks pretty angry! Do something, quick!

**Narrator ②:** All of a sudden, Jacob felt his heart rate accelerating! His pulse rate started speeding up too. He found himself feeling over-heated as that FIGHT OR FLIGHT Adrenaline Rush feeling was gearing into action! Before he could panic, his Inner Wisdom calmly but firmly said:



**Tap In To Your Inner Wisdom**

It's okay, Jacob! Just remember to breathe! Take deep, calming breaths. You still have a little bit of time to think. Just breathe!

**Narrator ①:** Jacob took some deep, calming breaths! He did it in such a way that it didn't make much noise, as he certainly didn't want Shane to know that he was upset in any way.

**Narrator ②:** Jacob was relieved to notice that his heart rate and pulse rate slowed down. His body temperature went back to normal. And he felt much cooler and calmer. Jacob then asked:



**JACOB:**

All right, Inner Wisdom! If I don't FIGHT Shane by hitting him or calling him a name back, and if I don't choose the FLIGHT option by running away or whining or crying, what can I do?



**Tap In To Your Inner Wisdom**

Wait! You can still choose the FIGHT Option. Just FIGHT smart! FIGHT Shane with your words, not your fists.

**Narrator ①:** This really caught Jacob’s attention. He asked:



**JACOB:**

What do you mean by FIGHT smart and FIGHT with my words and not my fists?



**Tap In To Your Inner Wisdom**

Do you remember what Mr. Campbell, your Communication Skills teacher, was always saying?



**JACOB:**

Hmmmm! Oh, yeah! He was always saying:



**MR. CAMPBELL:**

If someone puts you down or hits you or scares you in some way, you can always choose to SELF-MENTOR.



**JACOB:**

Okay, I think you’re saying that SELF-MENTORING is a form of FIGHTING. Is that right?



**Tap In To Your Inner Wisdom**

Exactly! FIGHT smart with your words by Self-Mentoring.



**JACOB:**

Okay, I wonder which form of Self-Mentoring I should do? Huh! I’m already doing some of it by remembering to breathe and giving myself a Pep Talk. I’m also giving myself the time I need to think how I wish to react. What else can I do?

**Narrator ②:** Suddenly, Jacob recalled a past conversation with his big sister Courtney. Courtney was always telling him:

**COURTNEY:**

Jacob, if someone puts you down, don’t let him or her see you looking upset. You might feel upset inside, but hide those emotions by using humor instead.

**Narrator ①:** His little sister Beth had been around too. At the time, Beth had asked:

**BETH:** Why should we do that, Courtney?

**COURTNEY:** Because if you let them see you feeling upset, they'll just keep calling you names just about every time they run into you.

**BETH:** I don't want them to do that!

**COURTNEY:** Me either! I learned a long time ago that if you use some kind of a humorous reaction, they just get bored and worn out, and they leave you alone.

**BETH:** Okay, I guess next time somebody calls me a name, I could say: **"Sticks and stones will break my bones, but words can never hurt me."**

**COURTNEY:** That's a good one, Beth. Or you could say: **"I am rubber, and you are glue. Whatever you say bounces off of me and sticks to you."**



**JACOB:** Okay, those are fine for Beth to use as she is still young. But I would feel ridiculous using those words.

**COURTNEY:** Well, I heard this one guy saying, **"Yeahhhhhh! What's it to yaaaaaaa!"** He said it in a real drawn-out, funny voice. It made the rest of us laugh, and the guy who put him down walked away, looking all confused.



**JACOB:** That's not bad! What else have you heard?

**COURTNEY:** I heard this one girl called "stupid." She humorously said, **"Hey! If you're gonna call me that, at least put a handle on it. It's Miss Stupid."** That worked pretty well for her. The other person walked away from her and left her alone. Beth, you would say Miss \_\_\_\_ and whatever name they called you. Jacob, you would need to change it to Mr. \_\_\_\_, of course.

**BETH:** I don't get it!

**COURTNEY:** Okay, let's try it out! Let's pretend you're me and I'm you! Now call me any name you can think of, Beth.

**Narrator ②:** Beth kind of giggled, turned to her big sister, and said:

**BETH:** **Poo-Poo Head!**

**COURTNEY:** **Okay, if you're gonna call me that, at least put a handle on it. It's Miss Poo-poo Head!**

**Narrator ①:** Beth giggled again in delight this time. She turned to Jacob and called him a name. Jacob obligingly played the game with her.

**BETH:** **Jerk Face!**



**JACOB:** **Okay, Beth! If you're gonna call me that, at least put a handle on it. It's Mr. Jerk Face!**

**Narrator ②:** All three of them couldn't help but laugh in great enjoyment of the put-down game. Finally Jacob said:



**JACOB:** Those are pretty good suggestions. Anything else?

**COURTNEY:** Well, here's one I've tried. This guy named Bill called me a name. If I remember it right, he called me an Idiot. Jacob, you pretend to be Bill, and I'll show you how it went. Call me that name.



**JACOB:** Okay! **Idiot!!!**

**COURTNEY:** Very calmly, I asked, **"Is that the best you can do?"**

**Narrator ①:** Jacob looked confused. He asked:



**JACOB:** **What do you mean?**

**COURTNEY:** Ha-ha-ha! Jacob! That’s exactly what he did and said. He looked confused just like you did and asked what I meant. How funny!



**JACOB:** So what did you say?

**COURTNEY:** I gave him a compliment and calmly said, **“Well, you’re a smart guy! I figured as smart as you are, you could have come up with something better than that. So, is that the best you can do?”**



**JACOB:** I bet he called you a different name.


**COURTNEY:** You’re exactly right! Every time he called me a different name, I kept nicely asking him, **“Is that the best you can do?”** Sometimes I’d vary my words by adding in the words, **“Oh, Bill! That is so last year! Is that the best you can do?”**

**BETH:** So what happened, Courtney?

**COURTNEY:** Well, after calling me about ten different names, he ran out of new names to call me. He got embarrassed and walked away. He’s never bothered me since.

**BETH:** Has he ever talked to you again?


**COURTNEY:** No, actually, he avoids me. But at least, he leaves me alone. I got what I wanted. I didn’t care what he wanted, as long as he didn’t bother me anymore.

**Narrator** : What was the outcome between Bill and Courtney: LOSE-LOSE, WIN-LOSE, or WIN-WIN? Audience, please respond.



**Narrator ①:** Exactly! It was a WIN-LOSE Outcome. Bill LOST as he got embarrassed and walked away. Courtney WON as she got him to stop calling her names; plus, she felt pretty powerful.


**Narrator ②:** Jacob realized that he could use one of those humorous retorts on Shane. That would probably work! But then his Inner Wisdom said:

 <p><b>Tap In To Your Inner Wisdom</b></p>	You could FIGHT by using humor on Shane. That will work better than any of the other ideas you've thought of so far; however, you still will probably have an enemy on your hands.
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**JACOB:**

At least he'd be an enemy who would leave me alone. I would be the WINNER, and he'd be the LOSER. Right now, I'm the LOSER, and I don't like LOSING!

 <p><b>Tap In To Your Inner Wisdom</b></p>	True! But do you remember what else Mr. Campbell was always talking about with those three outcomes of LOSE-LOSE, WIN-LOSE, & WIN-WIN?
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**Narrator ①:** Jacob thought hard back to that Communication Skills class. Then he remembered.



**JACOB:**

Hmmmm! Oh, yeah! He was always saying:



**MR. CAMPBELL:**

When you're in a conflict with somebody, it is only human that you would want to WIN. But the way you can really solve a conflict is to try to find a way that the other person can WIN too. Make it a WIN-WIN Outcome between the two of you, and you probably will never have a conflict with that person again. That person might even eventually become your friend.



**JACOB:**

Okay, Inner Wisdom! I get it! I want to WIN, but I need to find a way that Shane can WIN too. How can I do that?



**Tap In To Your Inner Wisdom**

You could remember that kids only put other kids down because they are actually crying for more love or for more power.



**JACOB:** Say what???



**Tap In To Your Inner Wisdom**

**Every action that you see is either a person showing love or caring, or a person showing that he or she is crying for more love or more power.**

Obviously, Shane is crying for love. Probably somebody has put him down, and he is trying to take his frustrations out on somebody else. You just happened to be his target.



**JACOB:** Okay! I can buy that! I know that when I have put other kids down before, I was feeling pretty bad myself in the first place. I was simply trying to make myself feel more powerful! Okay, what do I do to help him get more love? I certainly don't want to do anything girlie! But I wouldn't mind turning Shane into a friend instead of an enemy.



**Tap In To Your Inner Wisdom**

Great idea! Very calmly and politely and with concern, ask, **“Shane, are you having a bad day?”** If he asked what you mean by that, respond, “Well, I figured that the only reason you're calling me a name is that you're having a bad day. I wondered if you would like to talk about it? I'm a pretty good listener.” Then wait to hear how he responds and go from there.



**JACOB:** All right, Inner Wisdom! Thanks a lot! I like that idea best of all.

**Narrator ②:** Now actually, probably only thirty seconds have gone by since Shane called him all those names. Your brain can work at lightning-fast speed when your FIGHT OR FLIGHT Instinct kicks in.

**Narrator ①:** Shane was still standing there looking really angry. He was hoping for a power surge to help him feel better about himself.

**Narrator ②:** Jacob calmly and politely and with concern asked:



**JACOB:** Hey, Shane! **Are you having a bad day?**

**Narrator ①:** Shane's angry face turned to one of confusion as he asked:



to



**SHANE:** Huh?



**JACOB:** Well, Shane! **You're a pretty nice guy normally. So I figured the only reason you're calling me names is that you must be having a bad day. Would you like to talk about? I'm a pretty good listener!**

**Narrator ②:** Again Shane's facial expression changed. This time, he looked sad as he said:



to



**SHANE:** Yeah! Sorry about that! My name-calling really had nothing to do with you. This has been a horrible day! My girlfriend of two months just broke up with me!



**JACOB:** That's awful, Shane! Did she say why?



**SHANE:**

Yeah! She said that this high school guy asked her out. She would rather go out with him because he can drive a car and take her to better places.



**JACOB:**

Well, neither you nor I are old enough to drive yet, but that's a pretty shallow reason for her to not go out with you anymore. She probably wasn't good enough for you anyway. You deserve somebody much better!



**SHANE:**

I do? Sighhh! Maybe you're right! There is this other girl that I kind of like. And there is a school dance coming up. Maybe she'd be my date to the dance.



**JACOB:**

That's the spirit, Shane! Ask her out! I bet she'll say yes.

**Narrator ①:** Once again, Shane's facial expression changed. This time, he looked rather happy as he said:



to



**SHANE:** Yeah! I think I'll do that! Thanks, Jacob!



**JACOB:**

Sure! Any time! By the way, Shane! Let me know how it turns out. I sure hope she says yes!



**SHANE:**

Me too! Thanks again for being so understanding!

**Narrator ②:** Jacob smiled and waved as he headed off to his next class.

**Narrator ①:** Jacob sure was pleased with how this encounter went. Self-Mentoring was a great technique that helped him get a friend instead of an enemy.

**Narrator ②:** Perhaps one of the above Self-Mentoring ideas will work for you too!