**This week I might try:**

***To handle put-downs with comebacks***

**I’ll try to remember that there are 4 ways to react to a put-down.**

**I can keep track of what I’m learning on the chart below:**



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If someone says a put-down to me, I can try to use the 4 types of comebacks** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| 1. **question it** |  |  |  |  |  |
| 1. **turn it into a compliment** |  |  |  |  |  |
| 1. **ignore it - and walk away** |  |  |  |  |  |
| 1. **be amazed** |  |  |  |  |  |