

The Social Boomerang... it always comes back to you

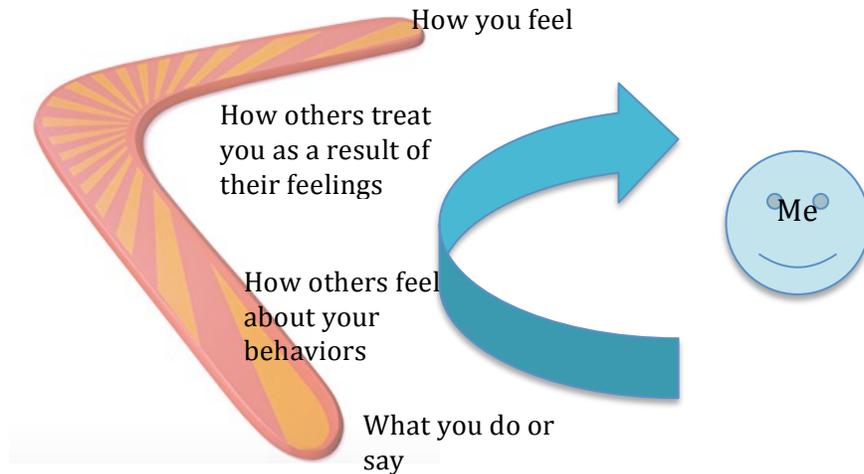


Another look at the social emotional chain reaction

When we are sharing space with others, we know that others have thoughts and feelings about our behaviors and words. If that was it, we might choose to ignore those thoughts and just think about our own thoughts and wants. But in the end, what people think and feel about our behaviors and actions will change how people treat us and how we feel in the end. This is the social emotional chain reaction. It looks like this:

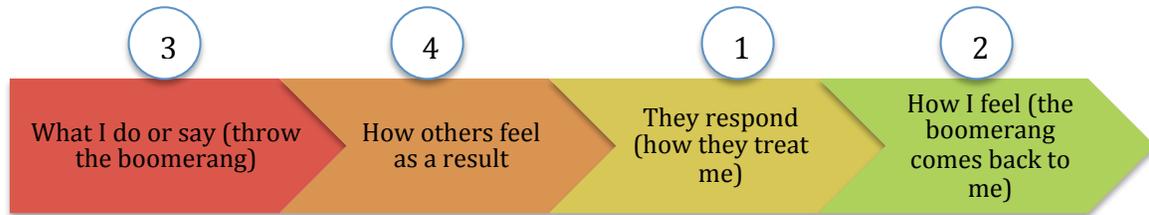


We could also look at this as a boomerang. We can only choose the first part- what we say or do. After that, the rest of the cycle occurs based on the behaviors we choose. In the end, it comes back to us. When we choose a behavior or a word, it will change how others feel. This will change how they treat us, talk to us, and think about us. We will have feelings because of this. Picture it like this:



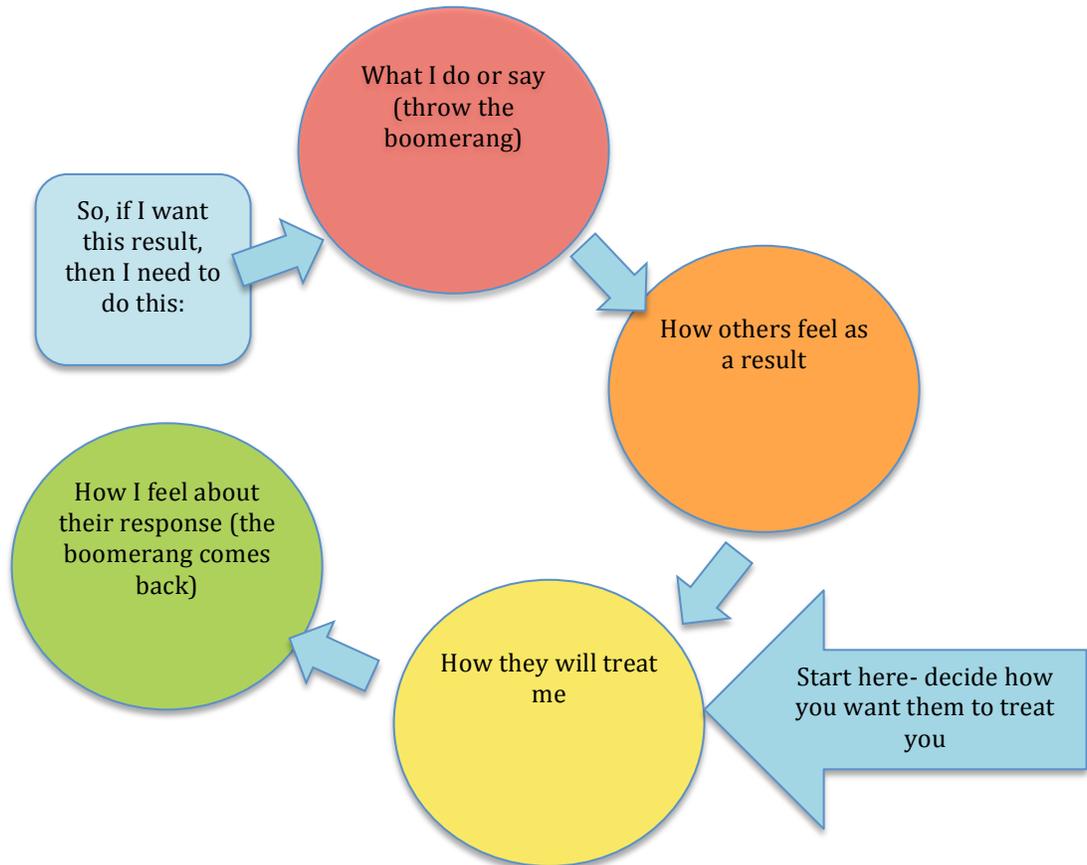
Using the social boomerang!

Now we are going to look at it again- starting with how we want people to treat us. Start at the 1 and go all the way to 4.



Or better yet- let's look at it like a boomerang cycle- it always come back to you! Pick a situation and fill out the circles below to show how the boomerang will work. Decide first how you want to be treated and start with the

Pick a situation: _____



Go through it first with how you WANT to be treated and again with how you DON'T want to be treated. Notice how what you do changes how they feel and respond to you- and how you feel in the end!