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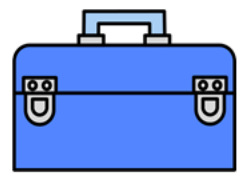
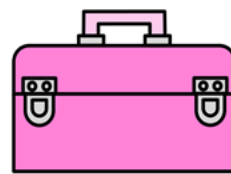
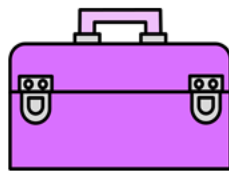
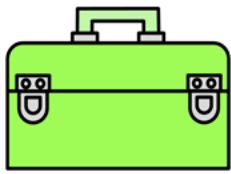
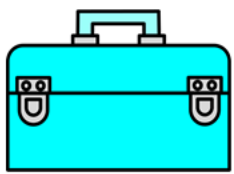


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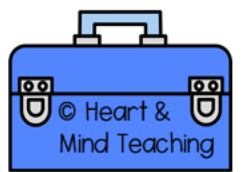
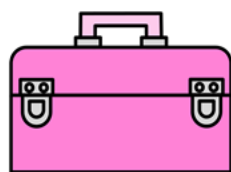
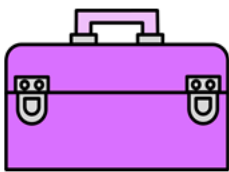
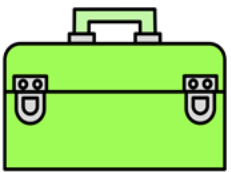
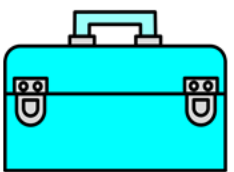


If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

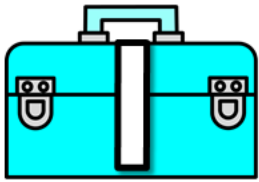
♥
Ashley



BEHAVIOR TOOLBOX Vindictive



BEHAVIOR TOOLBOX



Vindictive

What it looks like

- *This student seems to be constantly trying to get even with others.
- *He/she is very angry and struggles to control that anger.
- *Student gains a sense of satisfaction from getting even with others and does not appear to mind if others are hurt in the process.
- *Student displays aggressive behavior including arguing with others, fighting, and destructiveness towards property. All in order to seek their vengeance.
- *He/she often says things like "One day I will get him", "Eventually I will get even", "Things will only be fair when I pay him back for what he has done."
- *This student will openly discuss their vindictiveness.
- *He/she is aware of their behavior and feelings, sometimes will even feel guilt over those feelings.
- *This student struggles to take others perspective and has irrational thinking.
- *He/she makes others feel uncomfortable and/or fearful.

Vindictive

BEHAVIOR TOOLBOX



Vindictive

What to do

*Being vindictive is a sign of previous deep hurt and pain, low self-esteem, and refusing to accept love which is what they need most.

*This student needs someone in their life, they are searching for an ear to hear their story and how they feel wronged. They want to share how they will get even. Let them talk and truly listen. Use active listening skills like making eye contact, nodding your head, leaning forward, make verbal affirmations such as "I see", "ok", "I hear you". Paraphrase what they are saying and check for understanding. Most importantly, show and say that you care, to build trust and establish rapport.

*Get the two students together for a conflict mediation to resolve whatever is bothering this student. Attempt to get them to apologize regardless of who is at fault.

*When the student behaves in a vindictive way, respond with concern for the student. Say "You can be the bigger person, you are better than that" or "That is not like you at all". When they describe the desire to get vengeance, ask the student "Who will it hurt more if you choose to act on that?", "Do you think you will be proud of your behavior if you do that?", "Who really wins if that happens?" Reassure the student that you believe in them and know they can move past their feelings of vengeance, practice forgiveness (even if the person does not deserve it) and make good choices.

*Appeal to the student's self-worth and point out that they are too smart to do something like that or to let the other person get to them that much. The smarter person knows that to win sometimes means letting the issue go and not letting the other person control your feelings. You can also appeal to their character, the better person is the one who can forgive, move on, and not retaliate.

*Use praise and additional attention to let the student know that he is a valued member of the school community. Look for opportunities to praise the student for any positive behaviors.

Vindictive

BEHAVIOR TOOLBOX



Vindictive

What NOT to do

*Do not keep away from this student, it will likely be difficult to bond with this student and it may feel hopeless at times. Nevertheless, it is very important that this student feels a connection within their school because these are dangerous emotions if left unattended to.

*Do not neglect to inform administration and parents of any direct threats made immediately.

*Do not ever show approval in any way for vindictive thoughts or behavior such as saying things like "he probably had it coming".

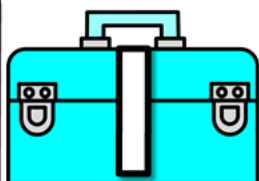
*Do not forget the importance of talking it out. People tend to feel better once they talk about something and get their angry feelings out. After they talk about it, they can decide not to follow through on their revenge. Otherwise, if there is no one to talk to and bring out their better side they may do something they regret. This is why it is a good idea for this student to speak to a School Counselor and work on their anger management.

*Do not forget that most vindictiveness is not severe and can be managed in your classroom. It is usually caused by embarrassment, hurt feelings, the aftermath of a fight, or even a low grade.

Vindictive

BEHAVIOR TOOLBOX

Vindictive Quick Guide



what it looks like

*This student seems to be constantly trying to get even with others.

*He/she is very angry and struggles to control that anger.

*Student gains a sense of satisfaction from getting even with others and does not appear to mind if others are hurt in the process.

*Student displays aggressive behavior including arguing with others, fighting, and destructiveness towards property. All in order to seek their vengeance.



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*Being vindictive is a sign of previous deep hurt and pain, low self-esteem, and refusing to accept love, what they need most.

*This student needs someone in their life, they are searching for an ear to hear their story and how they feel wronged. They want to share how they will get even. Let them talk and truly listen.. Most importantly, show and say that you care, to build trust and rapport.

*Get the two student's together for a conflict mediation to resolve whatever is bothering this student. Attempt to get them to apologize regardless of who is at fault.

*When the student behaves in a vindictive way, respond with concern for the student. Say "You can be the bigger person, you are better than that" or "That is not like you at all".

When they describe the desire to get vengeance, ask the student "who will it hurt more if you choose to act on that?", "Do you think you will be proud of your behavior if you do that?", "Who really wins if that happens?" Reassure the student that you believe in them.

*Appeal to the students self-worth and point out that they are too smart to do something like that or to let the other person get to them that much. The smarter person knows that to win sometimes means letting the issue go and not letting the other person control your feelings.



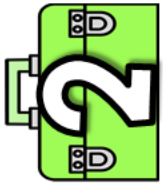
what NOT to do

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• dangerous emotions if left unattended to.

*Do not neglect to inform administration and parents of any direct threats made immediately.

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Vindictive

What to do (Cont.)

*Appeal to the student's self-worth and point out that they are too smart to do something like that or to let the other person get to them that much.

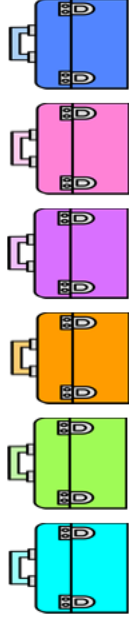
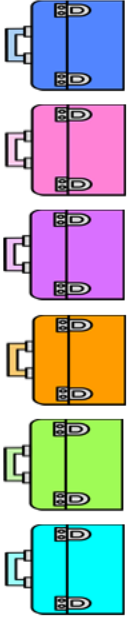
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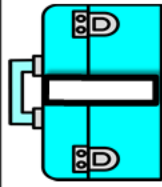
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"A change in
behavior
begins with a
change in
the heart."

BEHAVIOR TOOLBOX

Vindictive

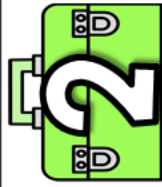




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Vindictive

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(Continues on the flap)



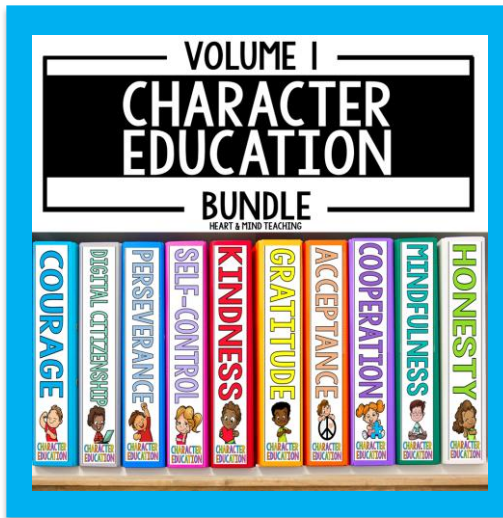
Vindictive

What NOT to do

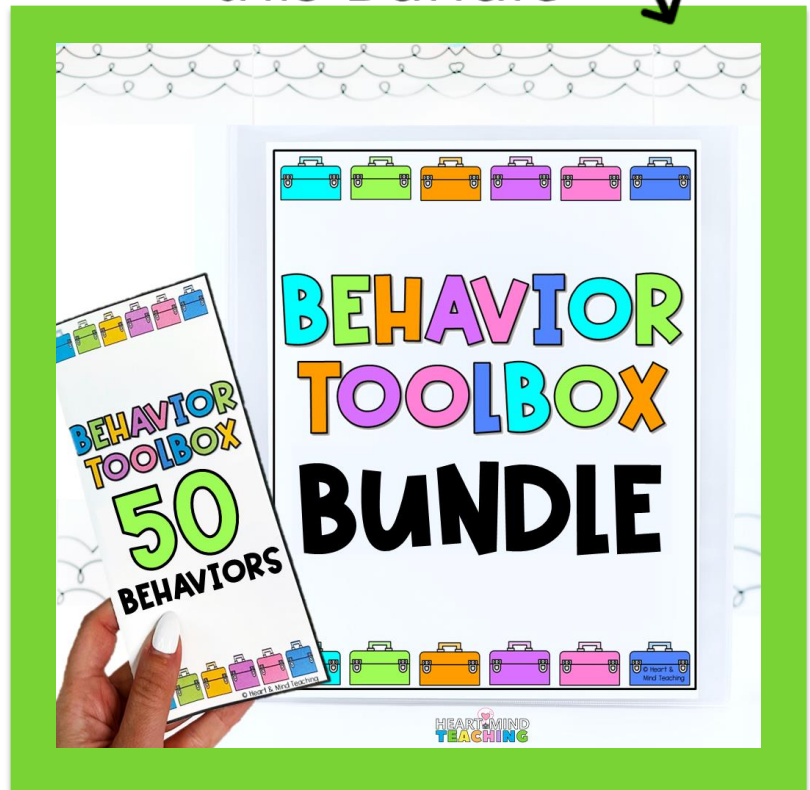
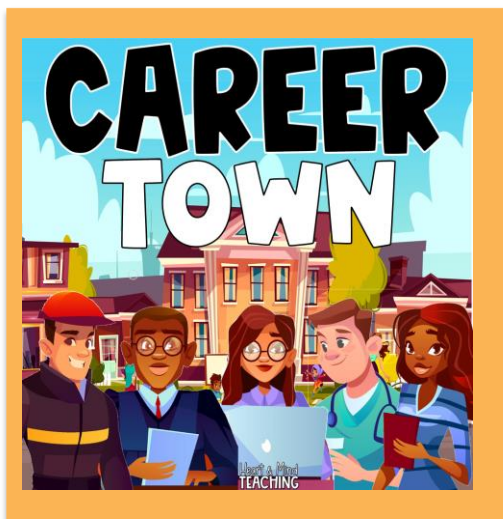
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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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