

# Wellness Techniques - “Deal with the Difficult”

*Read the following scenarios and, based on what you learned about ways to deal with 17 different difficult situations, identify each situation and describe how to handle it.*

*You are welcome to use any notes or references. You may also list how to handle a situation by using bullet points or ‘steps’, if appropriate.*

## Scenario 1:

You get upset when your friend talks to other friends. Last week, you also got upset and made a sarcastic comment about your friend to someone else when the new shoes she wore to school got a lot of compliments from other people.

## Scenario 2:

Your girlfriend puts you down in front of other people. She’s extremely jealous and easily loses her temper – sometimes for no reason at all. It seems like she always wants to be with you and complains when you try to spend time with your family or other friends. She got mad and physically hit you the other day, but it’s not the first time that has happened.

## Scenario 3:

Lately, your older brother has been acting different than his normal behavior. He increasingly chooses to be by himself, he appears not be sleeping well, and he’s been drinking a lot of alcohol. You overheard him tell a buddy of his that he feels like the world would be better without him in it.

## Scenario 4:

An acquaintance at school has been spreading false rumors about you on social media and sending you texts that are full of ugly words and pictures. It’s upsetting you and making you angry.