

Understand what has happened, has happened, you cannot change it or alter it. You already have resources and now have new skills that you can utilize.	<u>Understanding past from present</u>	Find a hurtful incident in your life, designate the resources that were missing at the time. Notice which resources you have developed since then. Realise if it happened again, it would be impossible for it to have the same effect on you.
<u>Hurtful incident</u>	<u>Missing resources</u>	<u>Resources / skills obtained since then</u>
Other people / kids calling me names, being unkind.	No assertiveness / too young with no strategies / skills at that time.	The ability to confront a person with confidence about their behavior, or attitude towards you.
