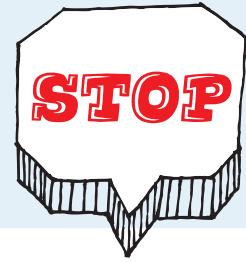


# BRAVE TALK

## Cheat Sheet



### Peer Pressure

Things you can say when you don't want to do what a friend wants you to do:

- "I don't really want to do this."
- "This is mean. I don't want to do this."
- "I changed my mind - I don't want to do this."
- "This is making me feel bad. I don't want to say that."
- "I am feeling worried about this - I want to be left out of this."
- "This doesn't sound like a good idea. I want out."
- "This isn't cool. I don't want to do this."
- "I can just TELL that this is going to go wrong and I'm gonna get busted. Forget it!"
- "I think this is going to hurt someone else's feelings. Let's not do this."

### Gossip

Things you can say when a friend is gossiping and you don't like it:

- "Are you sure you should be saying this? I don't think this is right."
- "This sounds like gossip. Let's change the subject."
- "Hey - I don't want to talk like this. If she hears us, she'll be mad."
- "Come on guys. This is how rumors get started."
- Oh come ON already - let's stop the drama and change the subject."

### Hurt Feelings

Things you can say when a friend hurts your feelings:

- "I feel upset. You seem mad at me and I don't understand why."
- "I was really sad when you didn't invite me. It was embarrassing."
- "I am angry because you broke your promise and told my secret."
- "I am confused. We were together all weekend and now you aren't acting like my friend."