

Grizzly Bear Story

A Cosmos Grow Adventure



We are all confronted with “Grizzly Bear” situations everyday.

You cannot control the challenges life gives you
but you can control how you deal with them.

**Anyone can become angry - this is easy.
But to be angry with the right person,
to the right degree,
at the right time,
for the right purpose
and in the right way - this is not easy.**

Aristotle, the Nicomachean Ethics

The Grizzly Bear

A. Main Focus:

Learning that your thinking determines your emotions and behaviors. That Stinky Thinking will lead to "Not Ok" emotions and "Thumbs Down" behaviors. If your thinking is Good, then you will be able to evaluate options when confronted with a "threatening" situation because your emotions are "OK" and your behaviors are "Thumbs Up."

In other words, no person or thing can MAKE you feel anything. We control our feelings and our behaviors when we control our thinking.

B. The Main Concepts:

The concepts used in this lesson are frequently referred to as the ABC theory:

"A" An activating event or experience

"B" Your belief/thoughts/self-talk about "A"

"C" The emotional and behavioral consequences

Most children and many adults think that an event or situation (A) leads directly to an emotion or a reaction (C). For example, "He stepped on my foot and that made me mad so I hit him." The problem for this child is that he believes, stepping on his foot caused the anger and he had no choice but to fight.

What is missed by this student is that there were also some thoughts or self-talk (B) involved in the outcome. Negative thoughts such as, "That punk better not mess up my shoes," or "Nobody is going to mess with me," will cause more intense emotional reactions such as anger and more irrational behaviors such as fighting.

A student with more rational thinking, "It was just an accident," or "No need to get angry, I can clean the shoe," etc., will be better able to control their emotional and behavioral reaction in this situation.

What we are targeting in this lesson, is to help students begin to realize that what they are thinking, either rational or irrational, is what is causing their emotions, both good and bad and that this in turn is causing their behavior.

C. Teach the Defining Terms to The Students

D. Listen to the Flip Book Story

E. Sample Dialogue with Students after Listening to the Story

What event happened to all 3 men in the story?

(They were all confronted by a Grizzly Bear in the woods)

What were some of the things that the men told themselves when they saw the bear? (The first man told himself that this was not fair and that he was too strong to let this happen to him. He also told himself that his friends would laugh at him if they found out that he was afraid of a bear. The second man told himself that terrible things always happen to him and there is nothing he can do to change things. The third man told himself that he was smart enough to figure out a solution to the problem.)

So even though all 3 men experienced the same encounter with a bear, they each had different thoughts or beliefs about it.

Based on these different beliefs, what feelings did each man then have? (The first man became angry. The second man was very afraid, and the third man felt a little of both of those, but was able to stay calm)

And with these different beliefs and different feelings, what were the consequences that each one faced? (The first and second man did not have a good outcome of their reaction. The third man was able to get out of the situation safely)

We know that Stinky Thinking is things that we tell ourselves that is untrue or not based on facts. Who in the story used stinky thinking and what were some examples? (The first two men in the story used Stinky Thinking. Some examples were: I am stronger than a bear, My friends will laugh at me for being scared of a bear, My family will be mad at me, Terrible things always happen to me, etc.)

Who in the Story had Good Thinking and what are some examples? (The third man used good thinking. Some examples were: Getting angry and Fighting a bear will not work, trying to run away from the bear will not work, I am smart enough to figure this out, etc.)

Putting all of this together, What then caused the first man to get so angry? (Many times the answer will be that the bear made him angry. If this is the answer the students give, remind them that all 3 men faced the same bear, but all 3 did not get that angry. So the bear cannot be the cause of the anger or all 3 would have been that angry. The answer is that the man's thinking or beliefs about the bear is what caused him to become angry. Same as for the second man getting so scared. His thinking and beliefs caused him to feel so scared.)

I hope that you are all beginning to understand that your thinking determines how you feel and how you deal with situations. It is important to realize that you are in control of your thinking. It is the things that you tell yourself about a situation that will determine how you feel and how you behave.

If someone is making fun of you or being mean to you, do you have to get angry about it? Do you have to feel embarrassed or sad?

No, you can stop and think, "Is there any reason I should let myself get upset about what this person is saying? Does their opinion really matter? Why should I give them the power to control my feelings and behavior?"

You do not have to like their behavior, but you can still control how you react to it.

Learning to act like the third man in the story is difficult and takes practice. But, if you practice every day to use Good Thinking in your "Grizzly Bear" situations, then you will learn how to cope with them and will be happier and more successful.