



The Fight in your Head



Lesson 4



**What does the
expression, “A fight in
your head” mean to
you?**



What should I eat?



What to Wear?



What goes through your head when you are upset, angry, or frustrated?



Cool Head - Hot Head





You told your cousin that he could borrow your stuff as long as he ask your permission. Yesterday, when you were not around, your cousin took your _____, thinking that he would get home before you. Your cousin got distracted and left the _____ over at a friends house. Now you want to use your _____ but you can't! You are so mad at your cousin, you do not know what to do.



Cool Head Or Hot Head?

That little Brat. He thinks he can get away with anything!





Cool Head Or Hot Head?

Well, I don't know about that. I bet he wanted to bring the _____ back.





Cool Head Or Hot Head?

Ha! I doubt that. He only thinks about what he wants!





Cool Head Or Hot Head?

Now, you can not assume he's selfish.





Do you recognize any of these thoughts?

Where do these thoughts come from?

How are Cool Headed and Hot Headed thoughts like voices
of bystanders?

How would you handle this situation?



Think First Model



Step 1
Keep Cool



Step 2
Size Up the Situation



Step 3
Think it Through



Step 4
Do the Right Thing





When we are upset, our heads are often swimming with thoughts and feelings. The Think-First model gives us some help in sorting through the jumble in our heads so that we are better able to resolve our conflicts. It is a tool that helps us explore our ways of thinking when we are in conflict. Most importantly, the Think-First model helps us understand our options and make choices to prevent fights.