

Webseries



CHEAT SHEET

Advanced | Difference | Lesson 1



SAME, BUT DIFFERENT

EMOTIONS AND REACTIONS EXPLORED IN THIS VIDEO

 FURY	Make a Joke	Talk It Out
 HUMILIATION	Express Pride	Accept Yourself

WHAT I NEED TO REMEMBER

1. Your friends may make jokes about your appearance that hurt your feelings, even if that is not their intention.
2. You may feel furious and want to respond by hurting them, but this will likely damage your relationship.
3. You can diffuse your friend's comments by making a joke yourself, or you can talk to your friend about how their comments made you feel.
4. We all have unique qualities, and you can take pride in and appreciate your unique features!