

Name: _____ Date: _____

Your best friend is a two-faced backstabber.

Yeah, you know who I mean.

Your “friend”. (That’s a laugh.)

The one who’s supposed to be good to you.
The one who’s supposed to have your back.
The one who you thought was your friend.

You should hear what your “friend” is saying behind your back.

Your “friend” is saying that you’re **lazy**, and that **you can’t** do anything right, and that you’re **worthless**, and that you’re a two-cent **bum** that’ll **never** amount to anything.

Do you want to know who this person is?

Do you want to know who this no-good, lying, backstabbing “friend” is?

You can! All you have to do is...

...look in the mirror.

That's right. It's you.

YOU

are the backstabber. You're supposed to be your best friend, but lately you've been more like your own worst enemy. Here's some of the awful stuff you've been saying about yourself:

YOU call yourself **lazy** when you complain about doing work that will make you better at something.

YOU say that you **can't do anything** when you tell your teacher "I can't" when maybe—just maybe—you can.

YOU call yourself **worthless** every time you put your head down in class.

YOU call yourself a no-good **bum** who isn't worth educating when you cut school and have your "mom" call you in sick.

If none of this is making any sense to you, stop now, throw this in the trash, and put your head down, because you don't believe you're worth any effort at all.

But, if you respect yourself, and want to make a positive change in your life, then whisper these words out loud, right now, one sentence at a time:

“Today I will be my best friend. I will do this by eliminating behavior that interferes with my success.”

“Today I will discover my limits and smash through them. I will do this by avoiding what is easy and attempting what is difficult.”

“Today I will look in the mirror and respect what I see. I will do this by respecting the wishes and feelings of others.”

“Today I will believe in my power and my ability. I will do this by standing up to challenges and overcoming them.”

Say these things every day.

and then do them.

and watch the
magic happen.

WHEN you cut class,
or make noise and disrupt learning,
or come in late,
or don't have your homework done,
or put your head down,
or argue with the teacher,
or do whatever else you do,
WHEN and your teacher gets irritated,
WHEN it's because of what your awful behavior says about
the awful things you think of yourself,
deep down,
and it's these awful thoughts you think about
yourself, deep down,
that irritates your teacher,
and when you finally "get it",
and are there every day on time,
and cooperate and help out,
and say, "I'll do my best",
and then do it,
and show how much you can learn,
and show how much you think of yourself,
your teacher is happy, happy, happy,
but it's not because you're obedient,
and it's not because of a battle
that's been won,
it's because you're lighting up the room
with your pride
and your self-respect
and your new behavior
that stands up and smiles and says,
"I'm awesome and I believe in me,"
and it's that joy within you,
shining in your face,
that brings joy
to
your
teacher.

Name: _____

Date: _____

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SHOW THAT YOU KNOW

Complete this assessment and show that you know what it means to be a friend to yourself.

7 tasks

Circle Yes / No: Do these "main ideas" occur in this document?

- 1 Yes No Your teacher wants you to do well, not win battles with you. 1
- 2 Yes No It's important to treat yourself with respect. 1
- 3 Yes No It's difficult to make other people believe in you. 1

This paragraph describes the behavior of a student named Andrew. Underline three things Andrew did that the author of this document would be glad to see.

3

- 4
- 5
- 6

Andrew walked into the classroom before the late bell, angry about what his girlfriend just said to him. He sat down and got out his homework, which he knew the teacher would be asking for. The teacher asked the class what the answer was to #1 on the homework. Andrew raised his hand and gave his answer, which was half right. A little while later, he felt tired, so he asked to get a drink to try to stay alert.

Write down three positive things about yourself in three separate sentences.



Hint: write about things you do well, or things that you like about yourself. Write sentences, not bullet points.

9

7



Blank writing area with horizontal lines for writing.

More room on other side.

continued from front...



Rubric - three positive self-statements

Your total score: out of 9. Here's why:

This score	5	6	7	8	9
Equals a %	56	67	78	89	100

0 **1** **2** **3** Positive statement #1, described in a correct sentence.

0 **1** **2** **3** Positive statement #2, described in a separate, correct sentence.

0 **1** **2** **3** Positive statement #3, described in a separate, correct sentence.

impressive: You did an excellent job, making few mistakes. Keep up the high-quality work.

adequate: You did it. Keep working to improve accuracy and quality. Check your work more carefully.

attempted: You tried to do it. You need more practice. Work with your teacher to get better at it.

nonexistent: You didn't do it. Were the directions unclear? Did you forget to do it? Talk with your teacher.

Additional comments: