

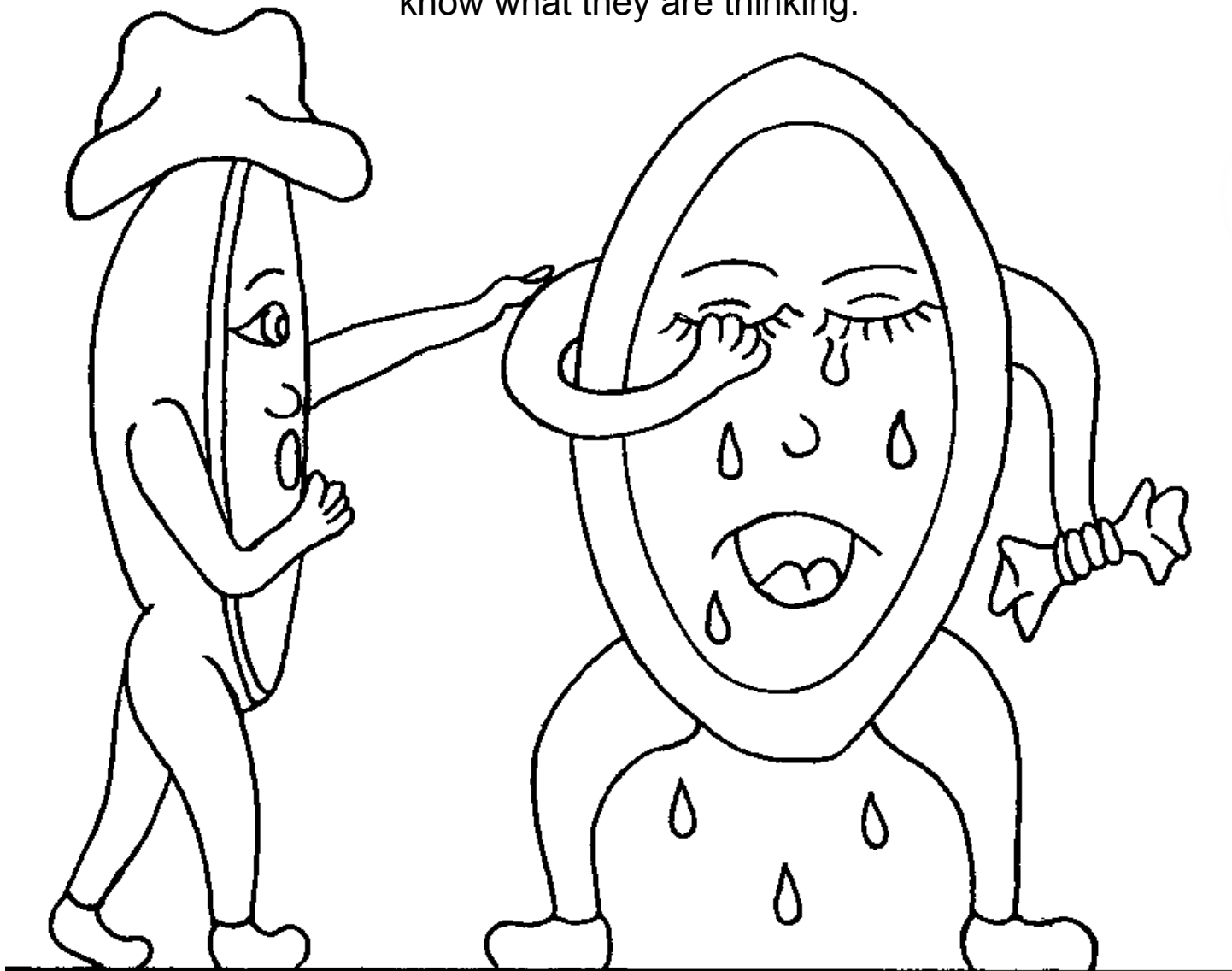
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www.KeepYourChildSafe.org

## MANY MIRRORS OF TRUTH: UNDERSTANDING HURTFUL BEHAVIOR WORKSHEET

When other people do things that hurt us, it usually isn't because they want to be cruel. Rather, hurt happens because they see things differently than we do, or because they have different goals that conflict with our own.

Our mirrors don't quite line up, and so people end up feeling hurt without anyone trying to be hurtful. What makes someone else feel good may not make us feel good. What they see as a good or positive thing to happen may not seem good to us. We often misunderstand their intentions because we can't see into their mirror to know what they are thinking.



For example, think of a child who sneaks a cookie when her mom tells her “no.” Let’s say her mother then catches her sneaking the cookie. Mom probably feels upset because her daughter disobeyed her. The little girl probably feels upset about being punished when she was just trying to get something she really wanted. The child wasn’t *trying* to upset her mother, and the mother wasn’t *trying* to be mean to her child. Yet both end up feeling hurt.

This hurt happened because their goals were in conflict. Nobody wanted it to happen. Each person just had different desires and different ways of looking at things.

What were mom’s goals and desires? \_\_\_\_\_

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What were the little girl’s goals and desires? \_\_\_\_\_

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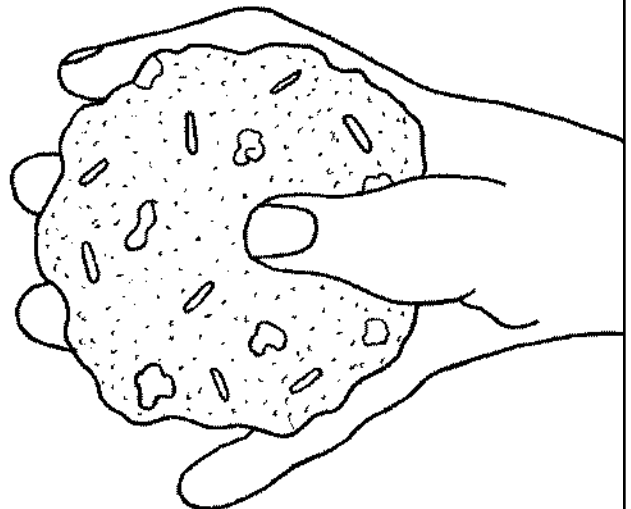
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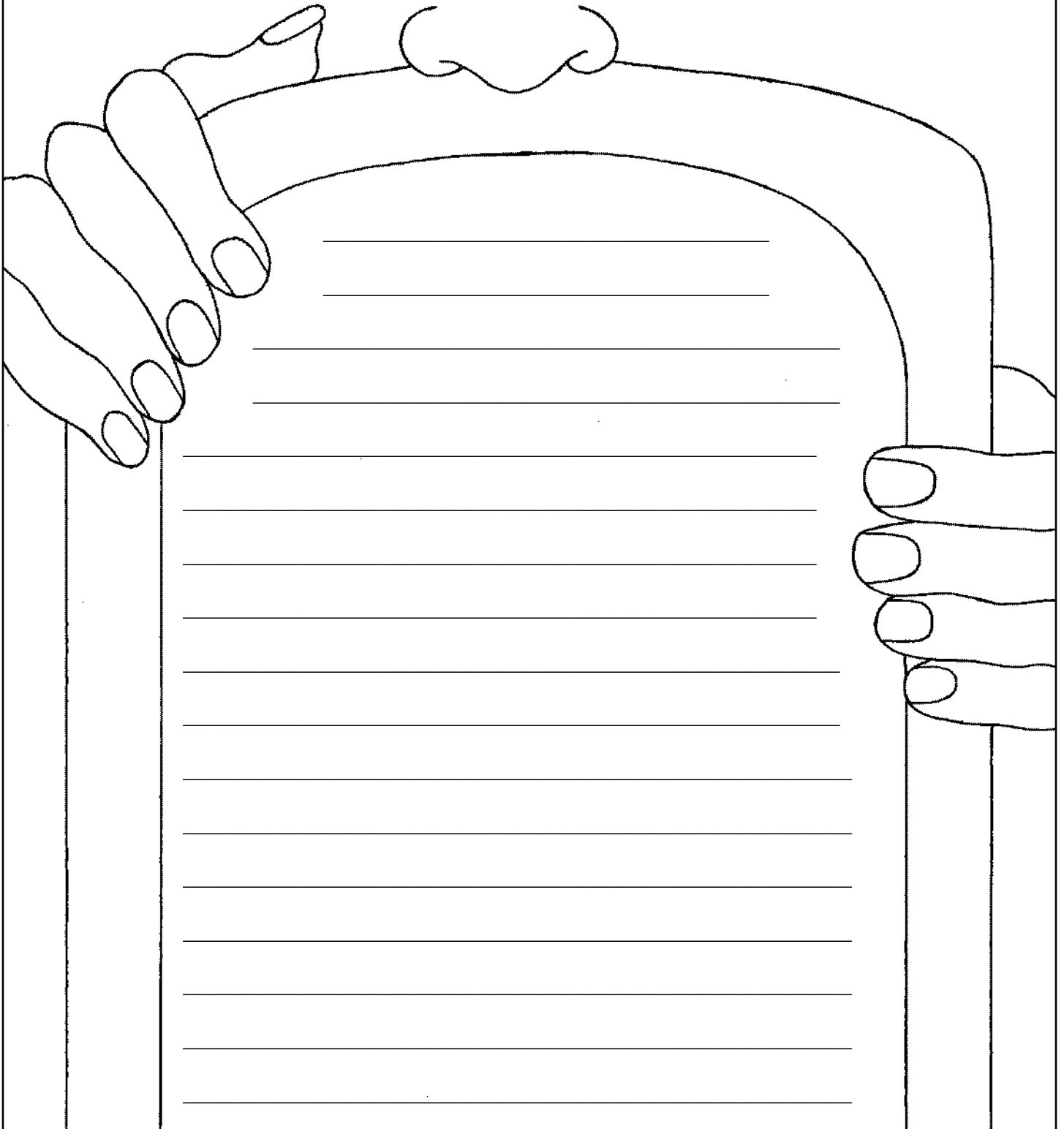
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If someone has done something hurtful or confusing to you recently, I want you to try hard to imagine that you were them. Remembering that people want to be good people, and that everyone on this earth is after the same thing - joy and happiness - I want you to think about what they might have perceived differently that would have caused them to act the way they did. Write it in the space below.



A line drawing of a person's head and shoulders, with their hands holding a large sheet of lined paper. The drawing is simple, showing the outline of the head, nose, and hands. The paper is held in front of the face, and the lines are horizontal, providing space for writing.

Just as we can't see everything in someone else's mirror, they can't see everything in ours. Think about a time when someone did or said something hurtful. What are some of the things in your mirror that you don't think they could see?

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If they could know all these things and could put themselves inside your head, what might happen? How might they change their behavior?

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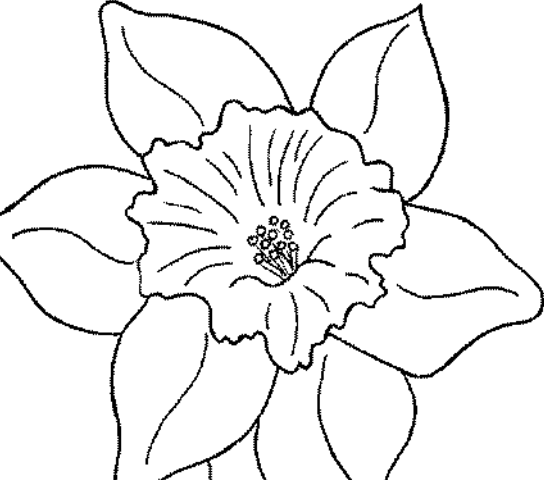
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Rather than getting upset at each other or becoming hateful, what might we do to help fix the situation?

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