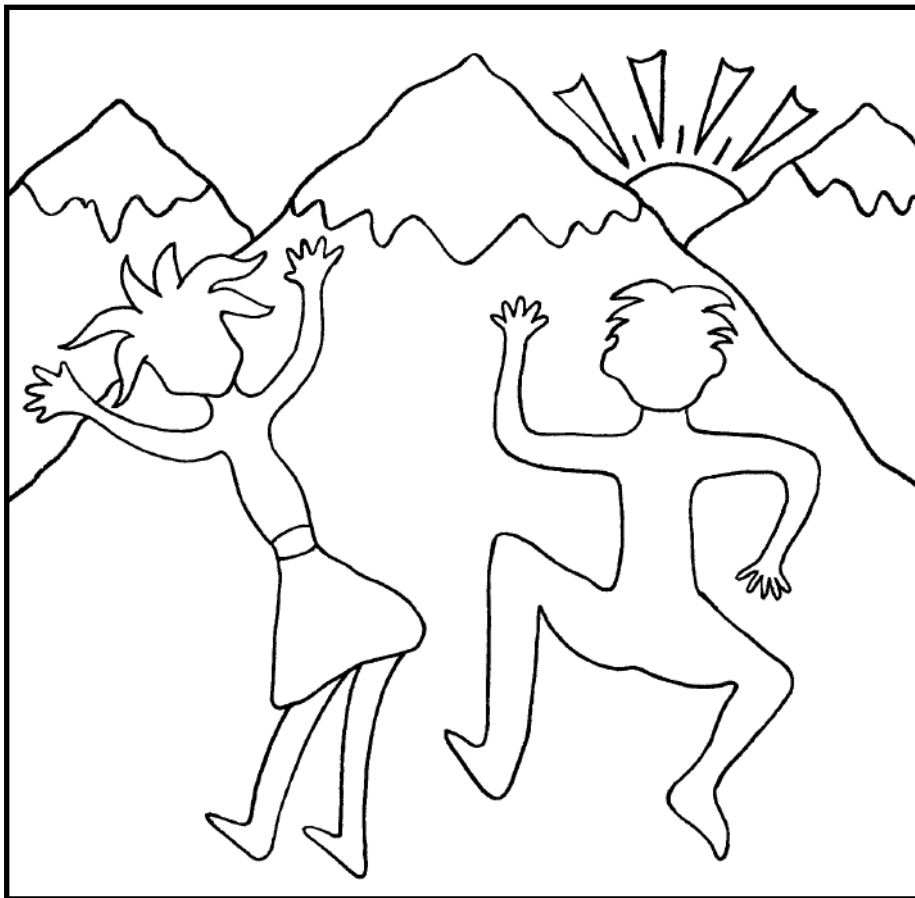


# When Grown-ups Say Hurtful Things

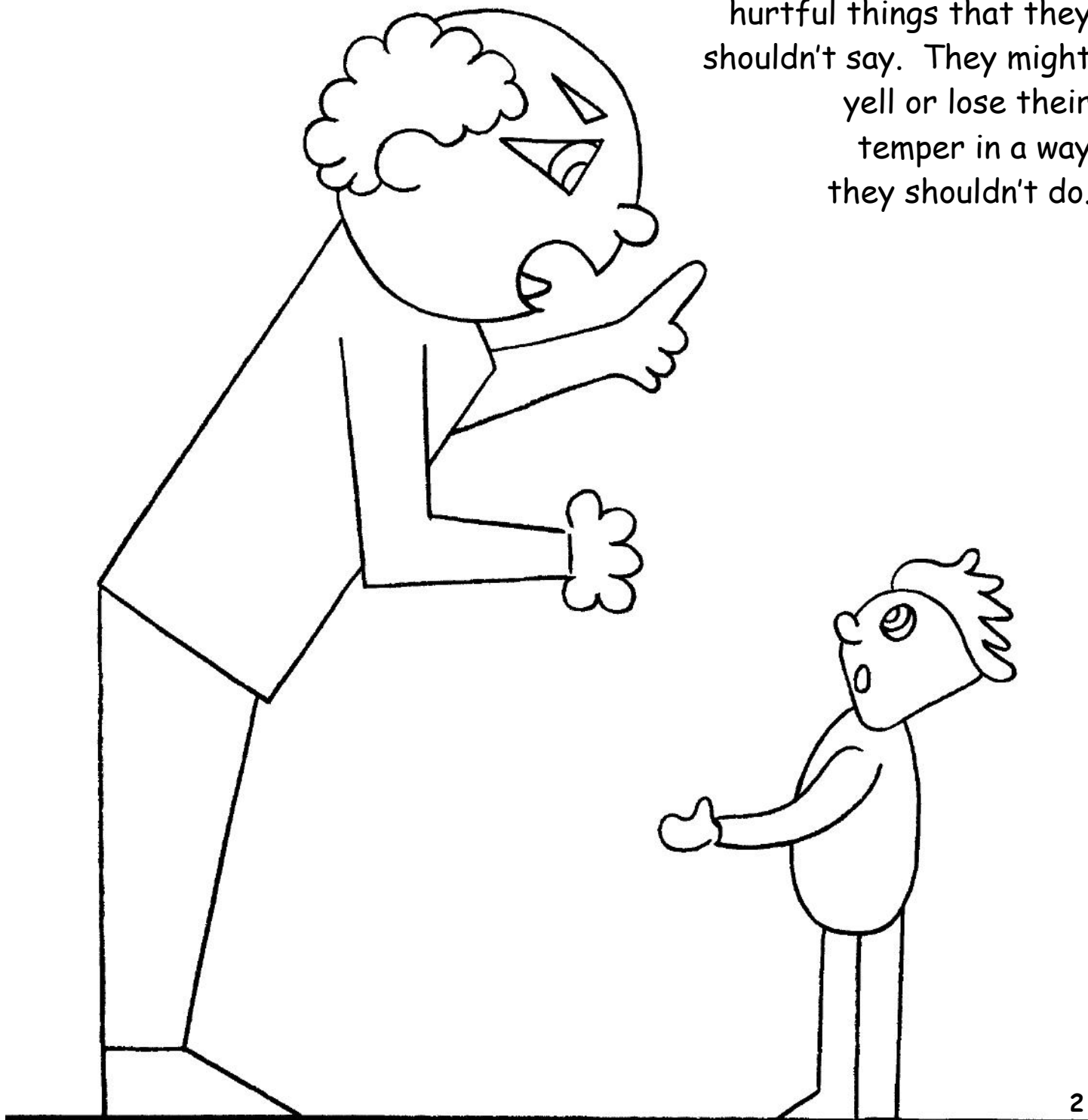
## Printable Coloring Book



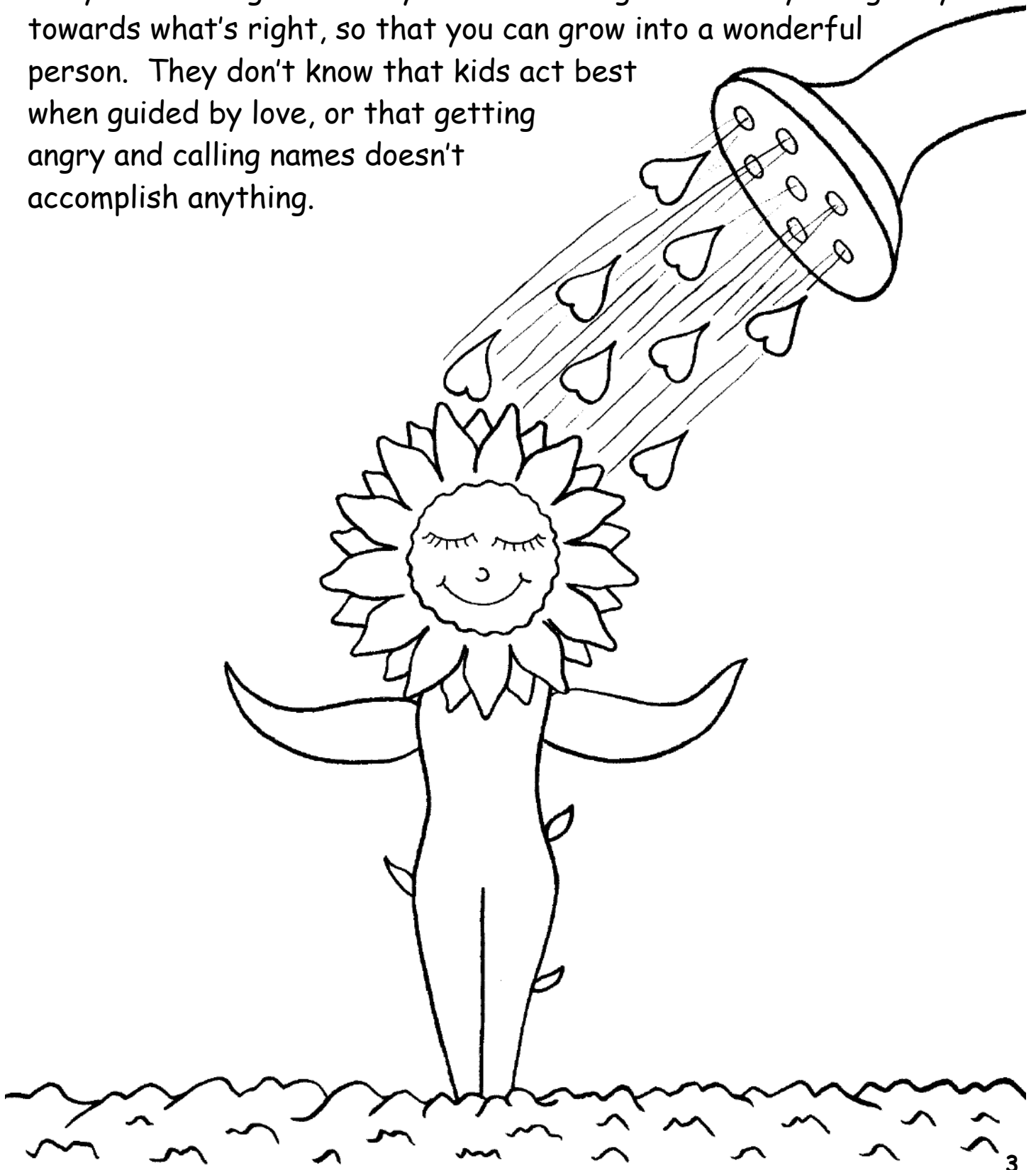
Adults may be big, but they're not always right. Adults may know a lot, but they don't know it all.

This is especially true when adults say cruel thing to kids that hurt their feelings. Children should always respect adults and listen to what they tell them to do, but sometimes adults can make mistakes and say

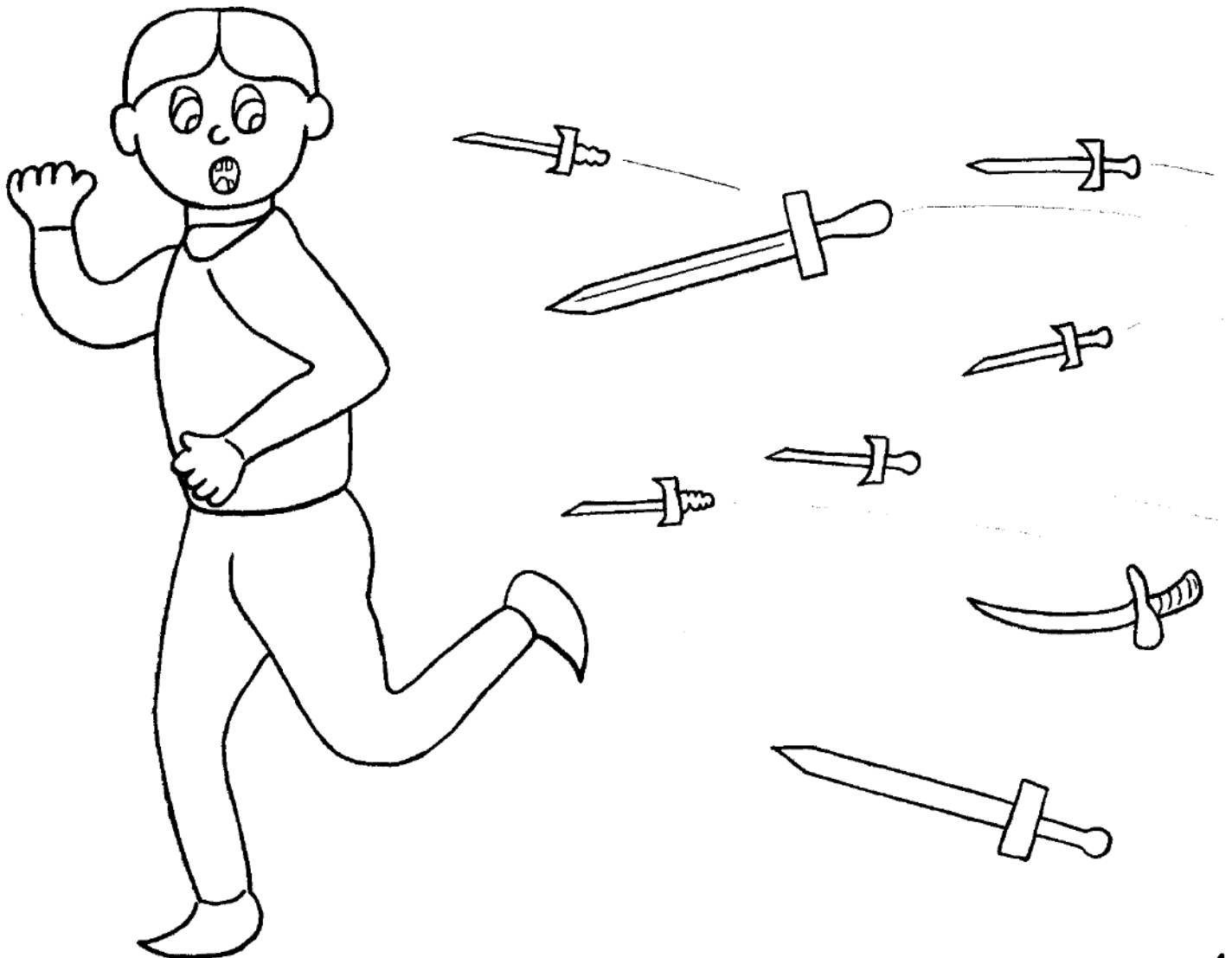
hurtful things that they shouldn't say. They might yell or lose their temper in a way they shouldn't do.



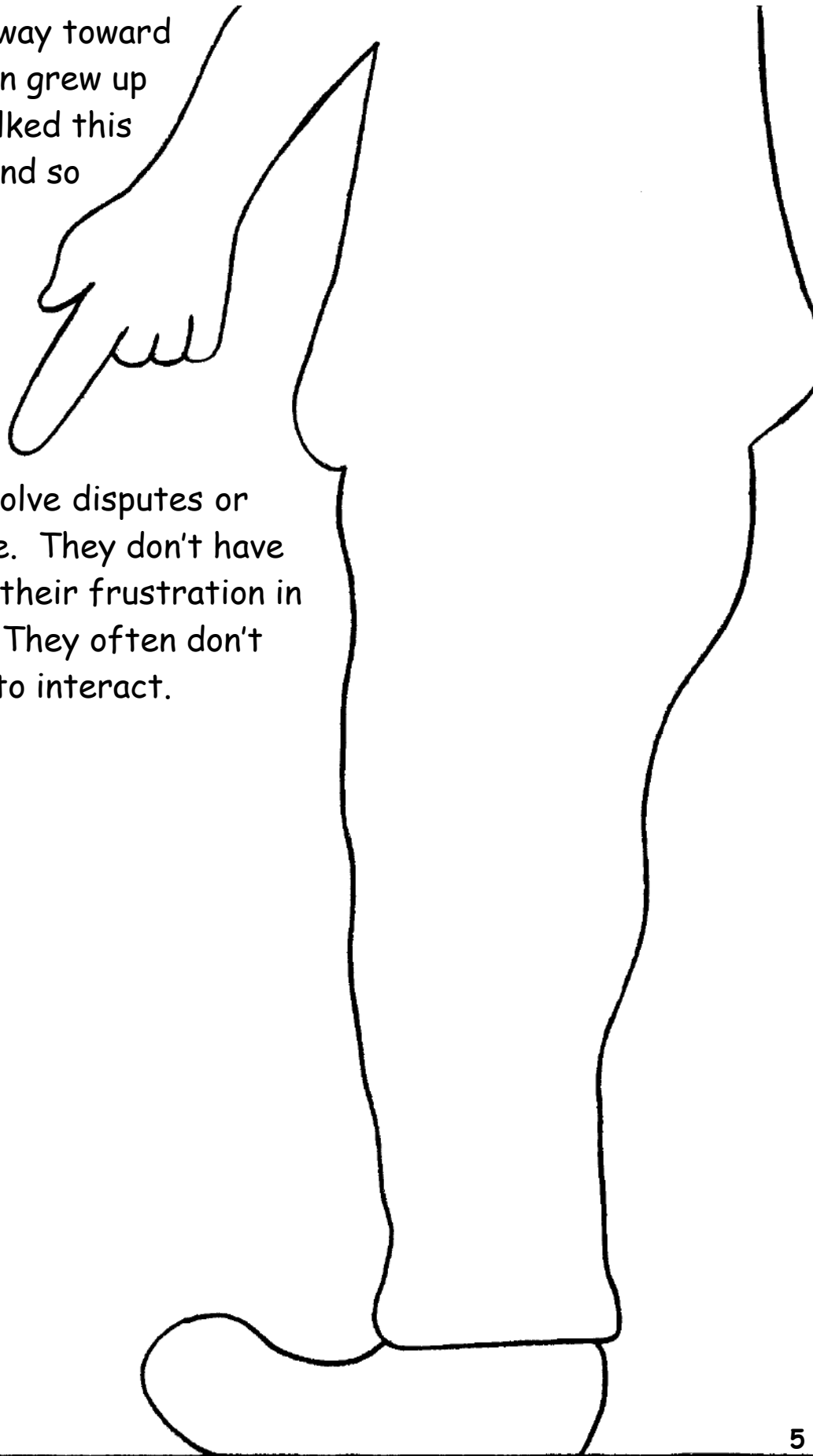
Adults who act like this clearly don't understand that kids are young and impressionable and don't always know the right things to do. They don't recognize that you need to be guided kindly and gently towards what's right, so that you can grow into a wonderful person. They don't know that kids act best when guided by love, or that getting angry and calling names doesn't accomplish anything.



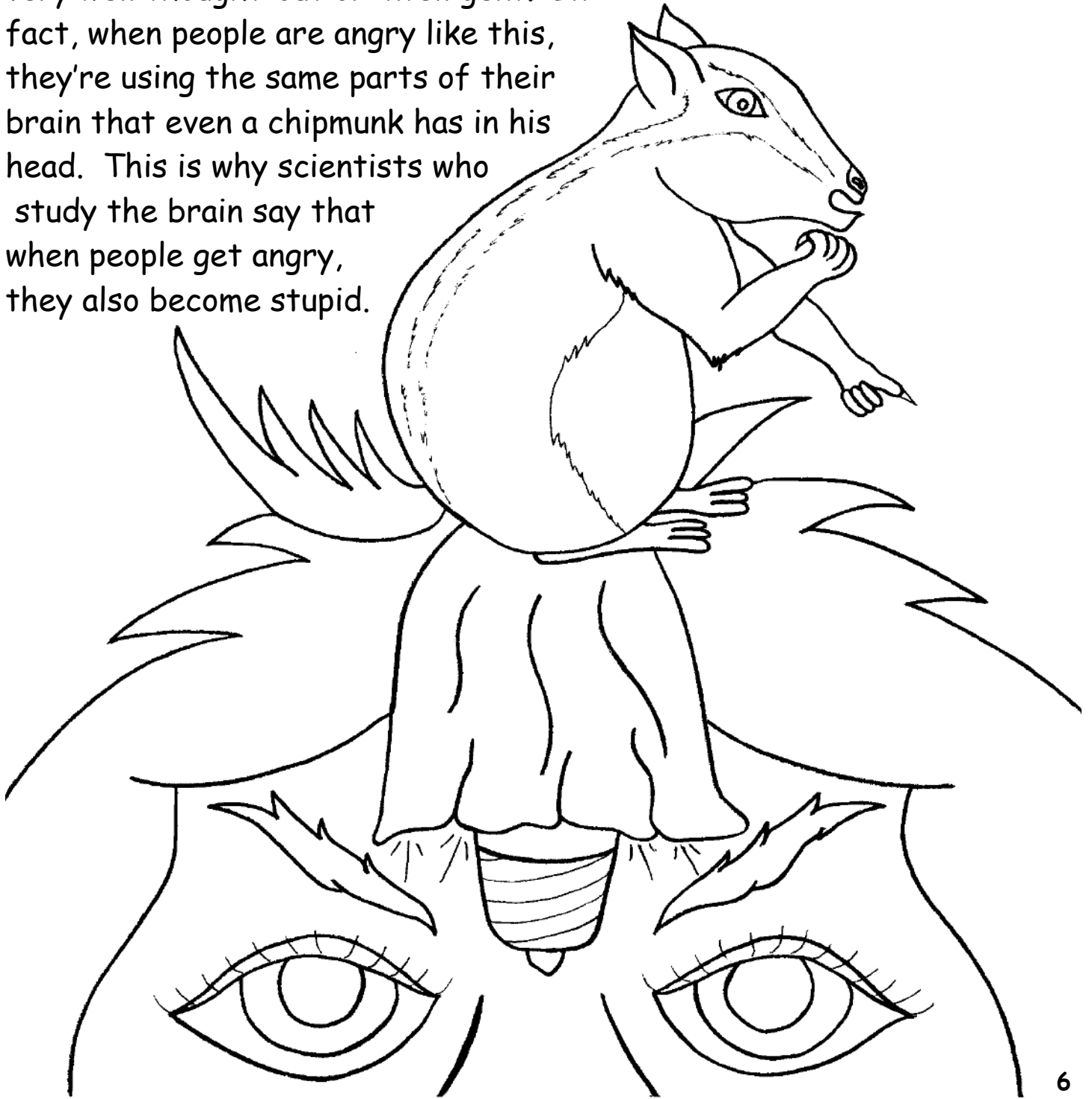
Adults who do this don't know enough to realize how much the things they say can hurt. They don't understand that words can cut people down just like tiny little sword, or that verbal lashings can hurt just as much as beatings delivered with fists.



Adults who act this way toward those they love often grew up around other who talked this way towards them, and so it's something they consider normal. They don't realize that putting people down or calling them names is not how most people resolve disputes or exert their influence. They don't have experience handling their frustration in more positive ways. They often don't know of other ways to interact.

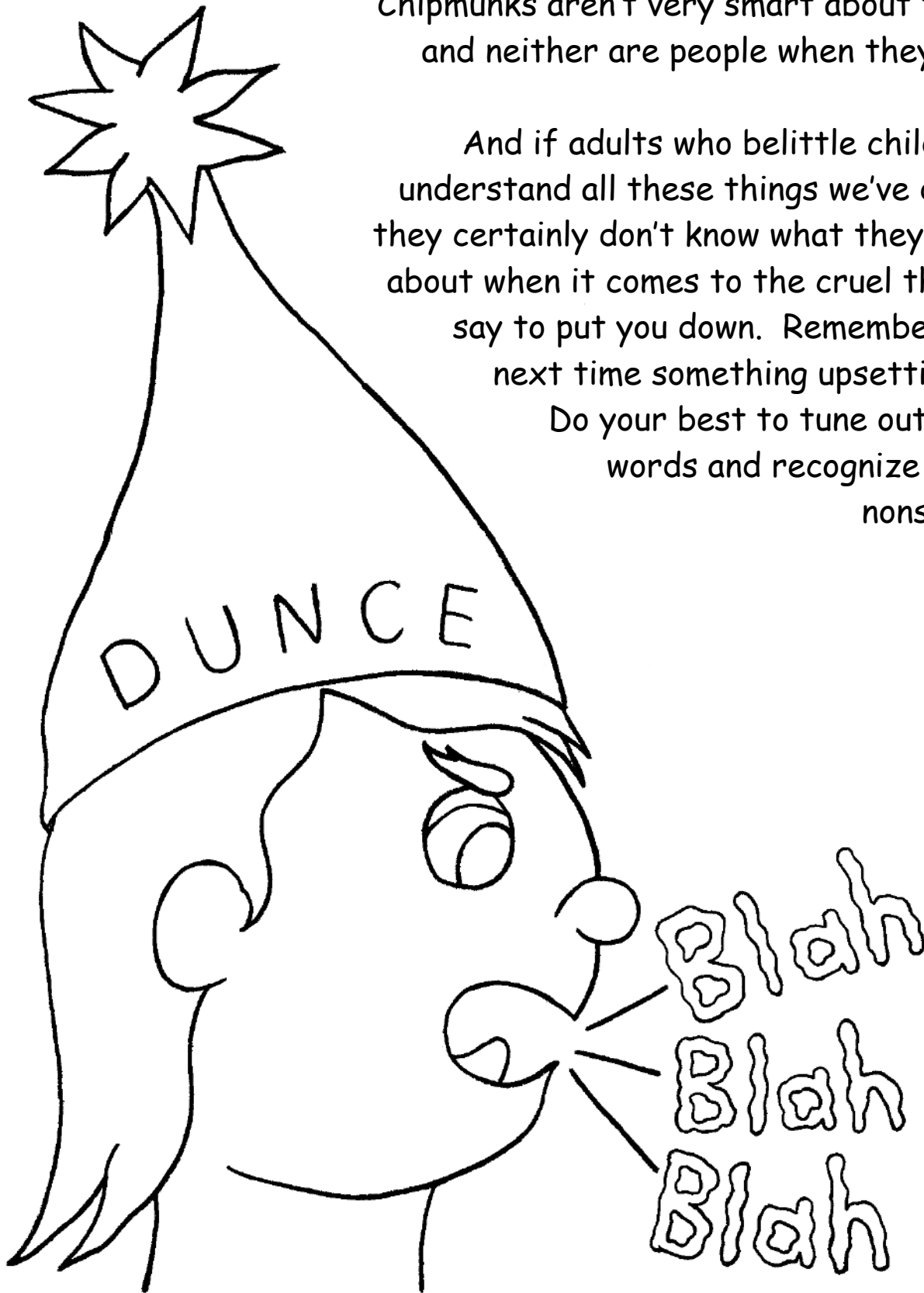


Adults who make a habit of saying hurtful things don't know enough about their own emotions to be able to control their temper. They aren't using the thinking areas of their brain. When people get emotional like this, the parts of their brain that think and reason go quiet, while the emotional parts of their brain that only *feel* but don't think grow louder. This means the stuff they come up with usually isn't very well thought-out or intelligent. In fact, when people are angry like this, they're using the same parts of their brain that even a chipmunk has in his head. This is why scientists who study the brain say that when people get angry, they also become stupid.



Because adults who act like this aren't thinking very clearly when they say such things, it also means that *WHAT THEY SAY* isn't very intelligent, either. Think of it as if a chipmunk were calling you names. Chipmunks aren't very smart about the world, and neither are people when they're angry.

And if adults who belittle children don't understand all these things we've discussed, they certainly don't know what they're talking about when it comes to the cruel things they say to put you down. Remember this the next time something upsetting is said. Do your best to tune out the cruel words and recognize it for the nonsense it is.



One of the best ways to defend against hostility is to insulate yourself with feelings of kindness and love. So when you're upset about something hurtful that someone says, think about your friends at school or your teachers, or grandparents and others who know you and love you for who you are. Let the expressions of love speak louder in your mind than the words of cruelty. After all, anger is easy to come by, but love is more truthful!

