

## Questions to ask yourself after a confrontation goes poorly:

1. How was I feeling *before*, *during*, and *after* the conflict? Was I already having a bad day and just took it out on this student?
  
2. What did I do that might have contributed to it getting worse?
  
3. What was the “point of no return”? Where should I have stopped the interaction?
  
4. What was going on with me *inside* that made me react how I did?
  - a. Was I feeling *insecure* (not wanting to look bad in front of the kids, not wanting to get a bad reputation with my peers/administration, wanting the kids to like me/think I’m “cool”/not be the “bad guy”, etc.)
  - b. Was I feeling *afraid* (not wanting to lose control of the class)?
  - c. Was I being *selfish* and putting myself ahead of what is best for the student(s)?
  - d. Did I *choose to believe the best* about this student or did I assume that *all* students lie and are out to get me?
  
5. Is there anything I need to own (make right) with this student the next time I see him/her? How can I model to them that it’s OK to apologize and admit when we’re wrong? What do I need to do to make sure the student knows I still care for him/her (even though I am going to enforce the rules)?

\* If this seems like a lot of work, it is! But it is worth it so our defensiveness with students doesn’t grow. This is how we stay “approachable” to students and not bring our own “stuff” into all of our relationships. We are only responsible for our own actions and setting a good example!