

sociallysmarter
UPGRADING SOCIAL INTELLIGENCE

WORKBOOK

FOR

Shalom Secrets



RABBI CHAIM TRAINER

TEST YOURSELF!

For the book, *Shalom Secrets*

by Rabbi Chaim Trainer

SECRET #3: THE SIMPLE RULE

Read the following sentences and circle the numbers that would *probably* make someone feel bad.

1. "Hey, did the barber fall asleep while he was giving you that haircut?"
2. "You're always telling everyone else what to do."
3. "Can I borrow a pencil?"
4. "Please don't talk to me ever again."
5. "We just bought the same type of computer that you have!"
6. "Why do you always come late?"
7. "Why didn't you catch that ball? What's the matter with you?"
8. "Don't you think you can find other kids to play with instead of playing with us?"
9. "Do you live here?"
10. "I heard that people from your community are very selfish."



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SECRET #4: DON'T BE A MURDERER!

1. It's obvious by now how important it is to be sensitive to people's feelings and not make them feel bad. If you saw someone else making fun of your friend, you would surely be upset. You would want to stop it immediately. But how? What would you say? Try writing down what you would say to convince someone not to make fun of your friend.

2. Many times we ourselves are tempted to make fun of someone. What is the **one most important thing** we should always think about that can help us overcome this *yetzer hara*? There is no right or wrong answer. Write down an idea that would work for you.



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SECRET #9: HERE ARE THREE BIG BENEFITS OF TALKING TO SOMEONE WHO HURT US

Let's review what we just learned about forgetting, forgiving and talking about it. Circle the letter with the *best* answer.

1. If someone does something hurtful to us we should not just forget about it if:
 - a. we are very upset and we can't forgive the other person completely.
 - b. we are afraid the person might keep on doing the same thing to us.
 - c. the other person doesn't realize that what he or she did is hurtful and will keep on doing this thing to others.
 - d. All of the above.
2. One reason it's important to talk to the person who is doing something that bothers us is:
 - a. to get the other person back and make him feel bad.
 - b. to show the other person that he or she is not better than us.
 - c. to give the other person a chance to explain what happened.
 - d. to joke around about it.
3. *Shalom* is easier when a person apologizes to us because:
 - a. this makes us understand that the person had a good excuse.
 - b. this makes us feel less angry at the other person.
 - c. now that the other person is also embarrassed, we feel like we got revenge.
 - d. All of the above.
4. We should only try to forget about what someone did to us and not talk about it if:
 - a. we can forgive the other person completely.
 - b. we are very angry about what happened.
 - c. the person who did it to us is a friend of ours.
 - d. None of the above.

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SECRET #13: WHEN WE TALK TO PEOPLE, THEY WILL HEAR US BETTER IF WE'RE MORE SPECIFIC

Let's review. How much have you learned so far? Below are four situations that present a conflict. Using what you have learned, write what you should say to resolve each one.

1. Your friend passes you a silly note during class. As you're looking to see what it says, your teacher notices what you're doing and punishes you for reading notes in class. You're upset at your friend for giving you the foolish note.

2. There was a rush to get outside when recess was announced. On your way out, someone pushed you aside as you were trying to get through the doorway.

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3. Your little brother is running around the house, screaming at the top of his lungs, playing some kind of game with his friend. You're in the dining room trying to study for a big test tomorrow. Your younger brother's game is distracting you from your studying.

4. Your sister played with your Scrabble game without your permission, and left the pieces all over the floor. (Think about this one. You may have two things you want to say.)

