



Gubyllub

How to be the me I wish to be

“Gubyllubs have much more fun. They dodge the clouds and chase the sun!”

Our behaviour shows people a lot about ourselves. We invite you to think about how you wish to respond (who's the me I wish to be) when faced with different situations and feelings.

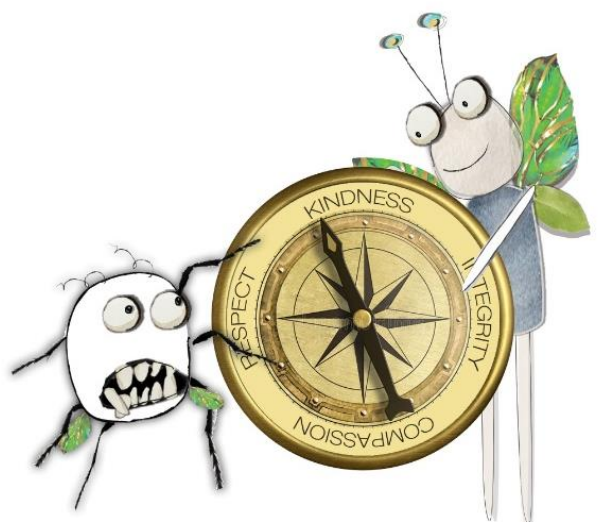
Another name for ‘the me I wish to be’ is our ‘higher self’. This is the person we all strive to be in the world, the one that lives by our values. For example, the Gubyllub most values kindness and therefore approaches life and every situation with kind behaviour.

To be able to act as our higher self, we need to be more conscious of our beliefs and thinking. Our values are the behaviours we believe make us the best we can be. They are like our compass to life and shine a light on the direction we wish to take as a human, making our path clear.

We will always get hit with curve balls in life, but if we can meet these challenges with our higher self in mind, we can feel good about ourselves and have the freedom to fly like the Gubyllub instead of being weighed down like the Bullybug.

When we are acting as our higher self, we also focus on responding to situations guided by our values, instead of just reacting to them. This means that we need to take time to consider and choose our behaviour rather than just acting quickly without thought.

So, when faced with any situation, practice thinking about your values and how you can respond by using them. Like anything new it may be difficult, but the more you practice the easier it will become.



My 'Me I want to be' Plan

It may be helpful to think about how you can respond to certain situations and make a plan so that you already have these ideas ready to put into action.

Write down your ideas for how you can respond to the example scenarios below. When you have done this, try to think of other situations that you have been in where you could have responded differently or describe how you reacted if you did this with your values in mind.

Scenario Examples:

- When the Bullybug arrives and I feel like saying something mean to someone, instead of _____, I will _____.
- When the Bullybug arrives and I feel like hurting someone or something, instead of _____, I will _____.
- When someone says something mean to me, instead of _____, I will _____.
- When I feel (scared, confused, angry, jealous, sad or any other feeling you may have that may lead to using bullying behaviour) about something, instead of _____, I will _____.

Here are a couple of examples to get you started.

Example 1. *When the Bullybug arrives and I feel like saying something mean to someone, instead of saying something mean, I will...*

- Notice something mean about to come out of my mouth
- Take a deep breath in
- Ask myself why am I angry?
- Think about telling the person in a careful way how I feel and why.

Example 2. *When someone says something mean to me such as "your shoes are ugly", instead of reacting with hurt I will...*

- Take a deep breath and give myself a moment to think about how I want to respond.
- Think about why they might have said this and what they are feeling.
- Respond with kindness towards yourself. For example, "It's ok that you don't like my shoes, I like them."

