



Name \_\_\_\_\_ Date \_\_\_\_\_

# Reflective Journal Entries

Use the space below to explore your feelings about being a bully and being bullied.

**1.** Describe an incident in which you were a bully. What were you thinking and feeling at the time?

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**2.** Describe an incident in which you were bullied. What were you thinking and feeling at the time?

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How will this experience affect what you do the next time you catch yourself bullying someone?

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