



Class Practice:

Amanda has a homework assignment due tomorrow, but the next season of her favorite show was just released on Netflix. Amanda knows her friends will be watching it tonight.

	PROS	CONS
ACTING ON URGES	PROS OF ACTING ON URGES	CONS OF ACTING ON URGES
RESISTING URGES	PROS OF RESISTING URGES	CONS OF RESISTING URGES

Small Group Practice:

Dan is excited when he hears that his gym class will be playing hockey! Dan believes he will get chosen as team captain during gym class since he is on a hockey team outside of school. When Dan is not picked as team captain, he gets angry and wants to refuse to play.

	PROS	CONS
ACTING ON URGES	PROS OF ACTING ON URGES	CONS OF ACTING ON URGES
RESISTING URGES	PROS OF RESISTING URGES	CONS OF RESISTING URGES