* I’m powerless.
* Relationships bring no pleasure.
* Others get special treatment. I never do.
* I’m not good enough./I’m better than them. (contradictory set of distortions)

Personality Status at the Start of the Story

Where do we find your character at the start of this book?

At the start of this book, SS is a lonely teacher at a school where he has no close relationships. He acts superior toward everyone, but is distant to everyone. His moods are flat and low. He never seems to display any happiness. His only emotions are anger and ruminative resentment. He’s an introvert. He’s successful at work, but it’s unclear if he gets any pleasure from anything else in his life. If he is to change, he has to risk being hurt again by trusting others; perhaps open up to H about his feelings for L; accept that people can be good, but do bad things sometimes (they’re not black and white). Truly believe in his heart that he IS enough.

Event/Trigger

HP Comes to HW.

Story-Worthy Problem

HP is his student who is super famous and who he hates and now has to actually teach. Problem is how to get by with this kid in his class every day who reminds him of someone he once loved and someone he once hated. How to manage the bad memories that come up. How to cope now that the conflict between the (distorted belief) that he’s not good enough has become activated even though he KNOWS that he’s far superior to everyone else at this school (distorted belief). How to overcome shame. Also reminders of Voldemort.

Important Life Events

* Bullied as a child
* Lost best friend to the very bullies who hurt him
* Bullies succeeded in their goals
* Best friend left him behind to be with 1 bully

Foundational Beliefs

* People will leave me for better options.
* You can’t trust anyone.
* Hurt them before they can hurt you.
* I don’t need anyone else.
* People are friends or enemies.

In the Moment Thoughts

* Just like his dad.
* Hurt them before they can hurt you.
* Memories of bullying.
* I’m not good enough (distortion).
* I’m powerless (distortion).
* Lesser people get ahead.
* No one gets special treatment in my class.
* I’m not letting this kid get away with what his dad got away with.
* Memories of Voldemort being cruel. Sadness/horror over Lily…

Emotions

Shame

Anger

Fear?

Satisfaction (i.e., opportunity for revenge)

SCENE

HP is in his class first day and appears to not be paying attention.

Change or Stagnation?

SS doesn’t change in this scene. He has a chance to act toward HP differently than JP acted toward him, but he chooses to assume the worst of H based on his experiences with J. In response to competing emotions and thoughts (the chance for revenge, shame from past hurts, the sense of power, the sense of self protection, and lingering questions of whether he is TRULY good enough), he remains stagnant in this scene (uses behaviors that reinforce his old way of seeing self & the world).

On to the NEXT Scene

Behaviors/Actions

* Insult HP because he’s disrespectful.
* Make him look dumb (instead of me looking dumb).
* Essentially treats Harry how he would have liked to treat James.