

# Radical Kindness Warrior Training

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Cruelty is Not Cool

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**1. Choose a situation from this handout or choose a challenge from your life where you wish you had responded differently.** You could be the victim or the bystander.

**Note:** This is a good time to heal an old wound, get over your “Cowardice Hangover” forever, or give yourself a few laughs.

**2. Find the MRI, the most respectful interpretation of the person behaving badly.**

**3. Pick a suggestion from the list below and make one up and then act out the RK Warrior response. Have fun. Give yourself permission to be slightly wicked.**

Acting out the solutions will help you get the suggestions in your bodies where you can find them when you need them. You will be able to teach your own children, your staff, or your students with more clarity if you have tried this yourself first.

## **Remember the two Cardinal Rules of the RK Warrior:**

1. Never, never, never do anything to put yourself in jeopardy or make the situation worse.
2. Always, always, always do something to make the situation better.

## **Situations Requiring Transformation**

1. You are at Thanksgiving and Uncle Ted starts telling a racist joke.
2. You are at Thanksgiving and Aunt Minnie tells your niece that she is getting quite a butt on her.
3. You are standing in line at the airport. An airport employee accompanies a blind woman to the front of the line. A woman at the front of the line starts yelling at the blind woman. “We paid for business Class tickets and you need to go to the back of the line. We’ve been standing here and you should go to the back of the line right now.” Keep in mind; she is leaving her tropical vacation, so imagine what she was like when she arrived.
4. One of your coworkers tells another coworker, “You look like you’ve gained weight”.
5. You are at the mall and you see a mother yelling at her little girl. The mother snarls at her beloved child, “You stop crying right this minute or I will give you something to cry about.”
6. You are in a classroom. The male wrestling coach is handing back the math tests. He pauses in front of a girl and says, “This is the worst test of the group.” She never takes another math class unless it is required to get her Masters in General Science.
7. Bobby is the last kid picked for the soccer team. Someone sniggers, “Are you getting used to being the last one picked?”

8. You are in a classroom and one of the students makes a mistake. Other students laugh derisively.
9. You are on a date. Your boyfriend of two months has driven you to a secluded spot. It is dark and you did not agree to this trip. Or, even if you did agree, you have changed your mind. You say, "I'm uncomfortable being out here right now. I want to go back to the party or home." Your date says, "What's the big deal? You've gotten me all worked up now. You can't say "no" now or you'll be a big tease."
10. You are walking on the beach in the evening. A man and woman are fighting. The tenor of their voices makes you uncomfortable. You are worried their fight will become physically violent.
11. Someone calls you or someone else a vile name: the "N" word, the "C" word, Retard, or Fag.
12. You look at yourself naked in the mirror and recoil in horror.

### **21 suggestions from *The Radical Kindness Warrior Handbook***

1. Sing "Happy Birthday"
2. Call 911
3. Fake a Coughing Attack
4. Knock Something Over
5. Find the MRI: Most Respectful Interpretation
6. Smile
7. Say, "Ow!" or Sing, "That's a Slug"
8. Clap, Say, "Enough," and Smile
9. Sing "Cruelty is Not Cool"
10. Sing or Say, "No Bad Body Talk"
11. Say, "A Joke is Not a Joke if Someone Has to Pay"
12. Say, "Huh"
13. Ask, "What Time is it"
14. Take Your Sail Out of Their Wind
15. Say, "Yes, and Aren't I Adorable"
16. Throw Your Arms in the Air and Cheer
17. Put Your Hands on Your Hips
18. Say, "Thank You for Noticing"
19. Move your Heart
20. Listen by Saying, "Help Me Understand" and "Tell Me More"
21. Say, "Really? Are You Trying to Hurt Me?"

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