

Thought
Word
Deed

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**I'm never
talking to
him again.**

**I'm going
to get back
at her.**

I hate him.

**She'll never
see
me coming.**

Thought
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**I can't live
like this
anymore.**

**We cannot
be friends
anymore.**

"I hate you."

**"I'm going
to make you
pay for that."**

Thought
Word
Deed

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**"She had
it coming."**

**"I could just
slap him."**

**"I am never
going to
forgive him."**

**"I'll say sorry,
when you
say you are
sorry first."**

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**I pushed
someone.**

**I hit
someone.**

**I pulled
someone's
hair.**

**I ignored
someone who
was getting
bullied.**

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Thought
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**I didn't help
that lady to
cross the
street.**

**I ignored
someone who
needed food.**

