**Rubric for Understanding and Healing Aggression**

To accompany Peace Literacy Lesson Plan 1  
(available at peaceliteracy.org)

Skill #1 - Learn how to see aggression as a distress response

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Level I Competency</th>
<th>Level II Competency</th>
<th>Level III Competency</th>
<th>Level IV Competency</th>
</tr>
</thead>
</table>
| Individual is developing self-awareness of distress when acting aggressively or thinking aggressive thoughts. **Depth/consistency:** Competencies might be exercised with depth at one level but not at other levels. **Teacher self-check:** Are you modeling this for your students and colleagues? ☺️ | Can recognize feelings of distress underlying aggressive thoughts and actions **after** conflict/incident has occurred. | Can recognize feelings of distress **during** the conflict/incident.  
**Attempts** to stop or minimize the behavior during the conflict/incident. | Can recognize feelings of distress before aggression or aggressive thoughts.  
Can redirect these thoughts or actions and keep them from occurring. | Can recognize that this skill is context dependent — that is, we can be skilled at this in some contexts but not others.  
Can exercise self-compassion when skill levels fluctuate. |

Peace Literacy, OSU Phronesis Lab 2018