

Change Your Mind!

Teaching the Tools of Cognitive Behaviour Therapy

A programme for High School Students

By
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PART 1

Problem Identification and Making Links

PROBLEMS, PROBLEMS....

<div data-bbox="245 253 512 293" data-label="Text"> <p>Small Problem</p> </div> <div data-bbox="319 297 437 412" data-label="Image"> </div>	<div data-bbox="679 253 909 338" data-label="Text"> <p>How often it happens?</p> </div>	<div data-bbox="1048 253 1385 338" data-label="Text"> <p>How does it affect you/others?</p> </div>
<div data-bbox="225 712 533 754" data-label="Text"> <p>Medium Problem</p> </div> <div data-bbox="322 759 434 866" data-label="Image"> </div>		
<div data-bbox="264 1171 491 1218" data-label="Text"> <p>Big Problem</p> </div> <div data-bbox="308 1218 450 1341" data-label="Image"> </div>		

Sometimes our problems can seem to take over and our lives can seem very unhappy.

Which problem do you think you'd like to work on how and why?

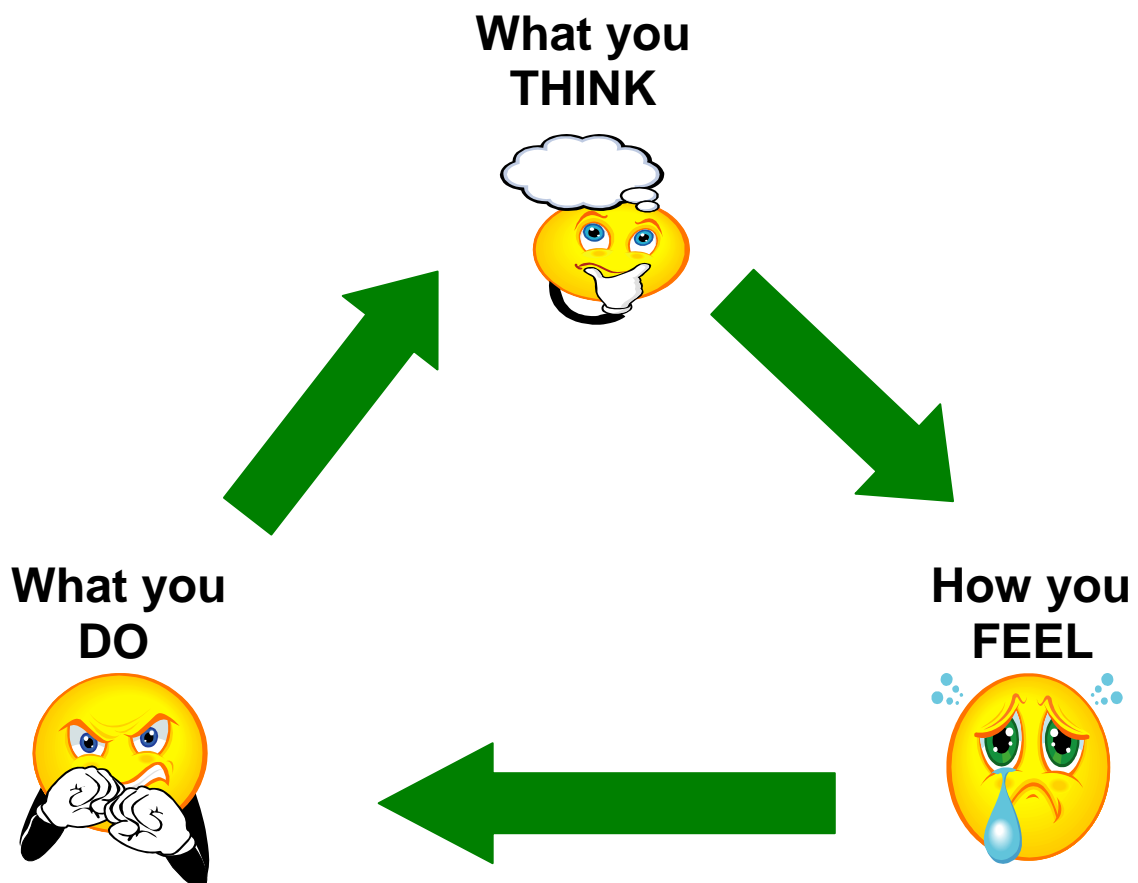
COGNITIVE BEHAVIOUR THERAPY (CBT)

Information Sheet (1)



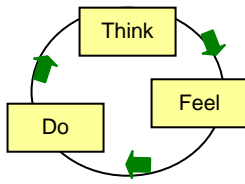
A set of tools to help you deal with problems and find the best solutions.

Looking at Links.....

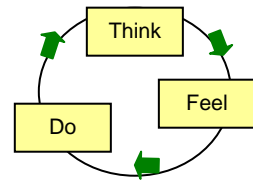


COGNITIVE BEHAVIOUR THERAPY (CBT)

Information Sheet (2)



HOW do the LINKS work?



Some examples:

Think... →	Feel... →	Do... →
I'm useless at meeting new people	I feel scared and nervous when I meet new people	I don't talk to them and go quiet
No one in my form likes me	I feel sad and angry	I avoid going out at break and start to bunk off school
I'm rubbish at Maths	I feel dumb and fed up	I stop trying because I know I'll get it all wrong

Statement: How you think about something will become true

STOP, THINK & REFLECT

- Is this true?
- Can we change the way we think?
- Can we handle our problems differently to change how we feel and what we do?
- Can we gain more CONTROL over what happens to us in our lives?

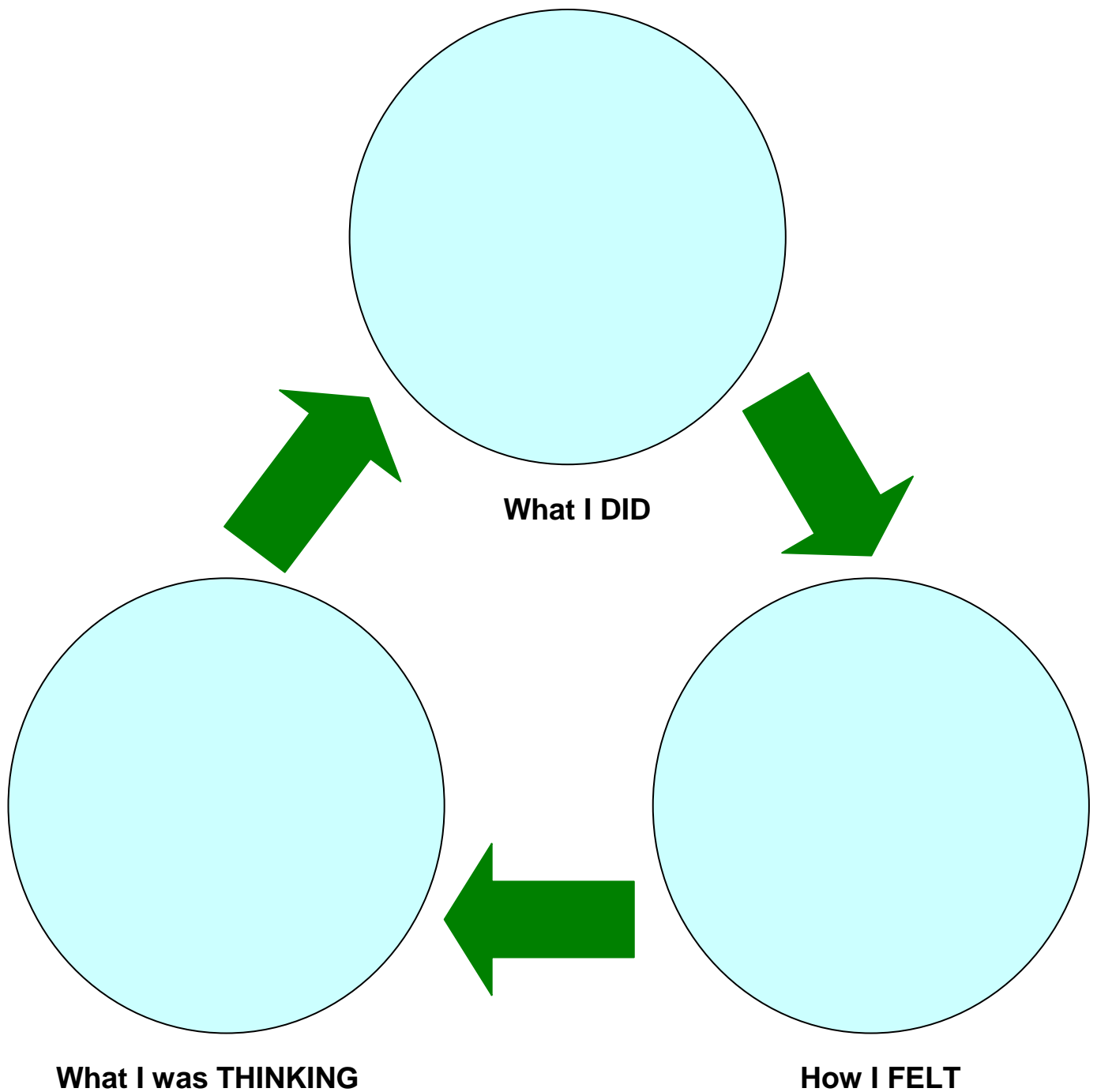


A GOOD TIME!



Think about your most recent good time.

Write &/Draw:

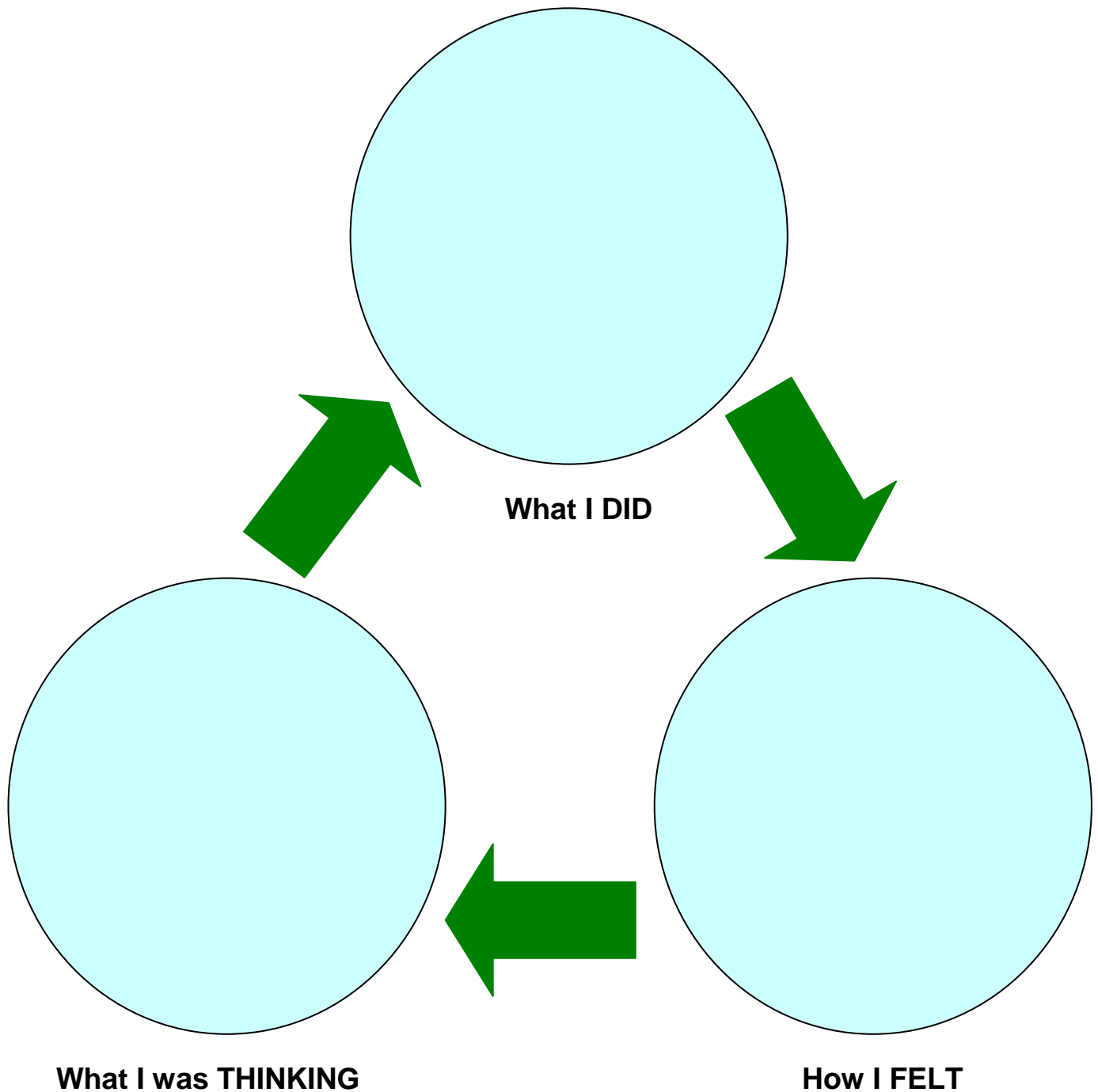




A BAD TIME!



**Think about your most recent bad time.
Write &/Draw:**



Are you in a negative trap???

PART 2

Core Beliefs



10 CORE BELIEFS

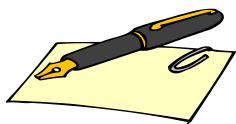


What do you **THINK** about **YOURSELF**?
WHO ARE YOU?

1. I think I am
2. I think I am
3. I think I am
4. I think I am
5. I think I am
6. I think I am
7. I think I am
8. I think I am
9. I think I am
10. I think I am

STOP, THINK & REFLECT!

How do your beliefs make you **FEEL**?
How do your beliefs affect how you **ACT**?
Do **NEGATIVE** core beliefs set you up to fail and limit what you do?



CORE BELIEFS QUIZ

Have a go at this quiz! What do you think will happen in each situation? Stop, think & reflect and then TALK it through.

IF THEN

If I am bad then _____

If I get it wrong then _____

If I work hard then _____

If I am kind then _____

If I have friends then _____

If I am good then _____

If I make people feel good then _____

If I don't have friends then _____

If I let people down then _____

If I think positively then _____

Which beliefs are HELPFUL? Why?

Which beliefs are UNHELPFUL? Why?

THOUGHTS, FEELINGS AND ACTIONS???



Highlight
THOUGHTS in **RED**
FEELINGS in **BLUE**
ACTIONS in **YELLOW**

Playing Football	Relaxed	I won't pass the test	Happy
Angry	No one likes me	He doesn't like me	Eating breakfast
Going to school	Going to the shops	Excited	Swimming
I'm good at sums	Stressed	I'm useless at meeting new people	Scared
I'm lonely	Sleeping	She thinks I'm stupid	Nervous

PART 3

NAT's and PAT's

NAT's

Negative Automatic Thoughts

O ur thoughts run through our heads in a continuous stream all day.... they just keep 'popping' into our heads and they affect how we feel and behave

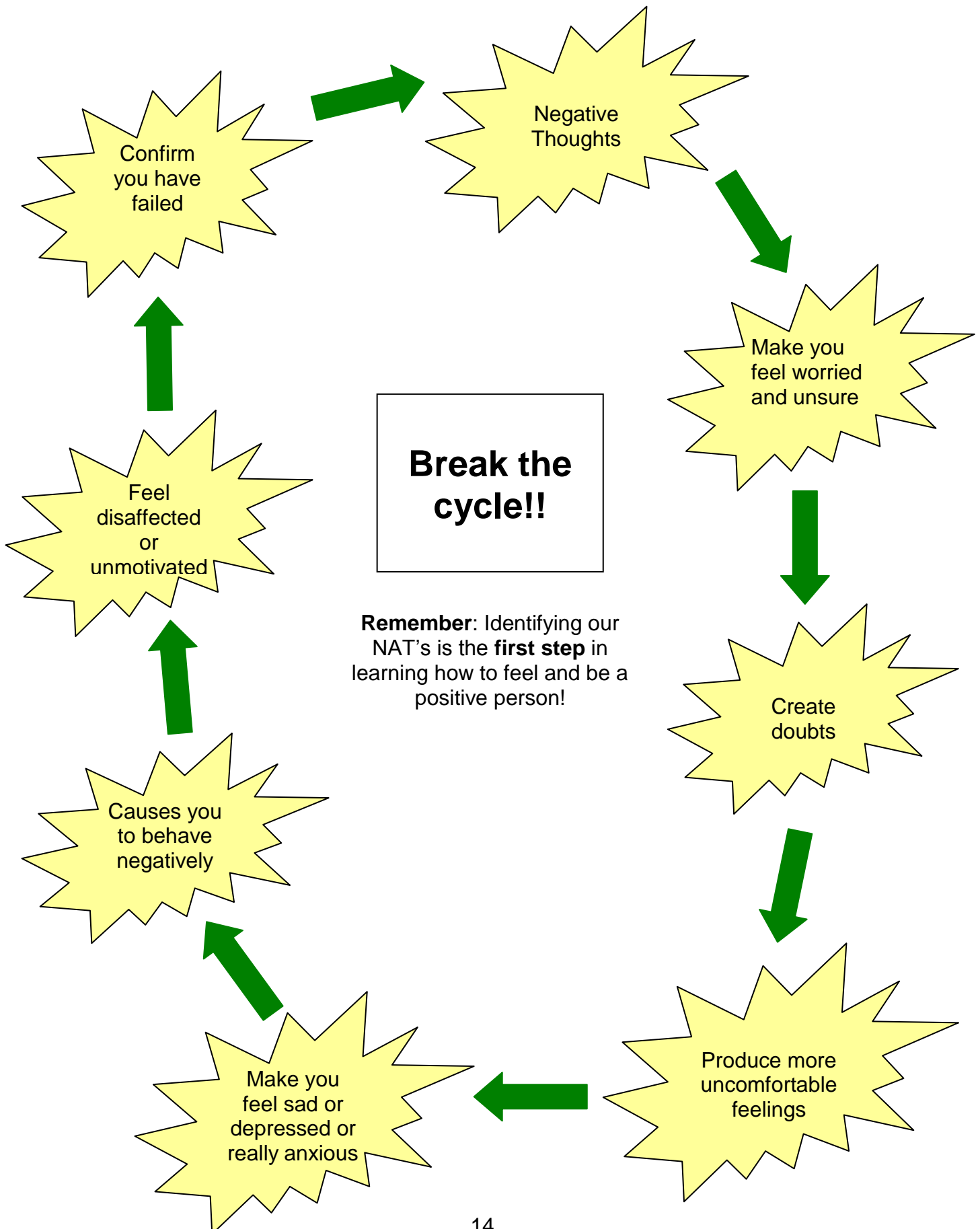


Negative specs! How do you see the world when you look through these.....
How do you SEE...

SEE YOURSELF	JUDGE YOURSELF	SEE THE FUTURE
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•

THE NEGATIVE CYCLE

Information Sheet 3



TAKE HOME TASK
My Thoughts and Feelings Diary

DAY & TIME	THE SITUATION Where, when and who with?	THOUGHTS Which were 'hot' ie the strongest?	FEELINGS How were you feeling?



POSITIVES AND NEGATIVES



Stop, Think & Reflect!

PAT's (Positive Automatic Thoughts) What positive thoughts do you have:	NAT's (Negative Automatic Thoughts) What negative thoughts to you have:
(A) ABOUT YOU	(B) ABOUT YOU
(C) ABOUT YOUR FUTURE	(D) ABOUT YOUR FUTURE

PART 4

Faulty Thinking

FAULTY THINKING

Information Sheet 4

There are 6 kinds of Faulty Thinking

(1) DOING DOWN!	(2) BLOWING UP!
<ul style="list-style-type: none"> • Only focus on negatives. • Only see the bad bit in something that was good overall. • Not counting a positive eg 'he only wants to go out with me because he can't find anyone else'. 	<ul style="list-style-type: none"> • Making things worse than they are. • It's all or nothing eg I only got 78% and not 100% - it's not good enough! • Magnifying the problem eg I got the answer wrong and everyone in the class laughed at me! It's a catastrophe! I'll never get over it!
(3) PREDICTING FAILURE!	(4) OVER EMOTIONAL THOUGHTS!
<ul style="list-style-type: none"> • Mind reading to predict failure eg I bet they are all laughing at me! I know he hates me! • Fortune-telling – knowing you will fail eg I know I won't be able to do that work/I know they won't like me. 	<ul style="list-style-type: none"> • With this Faulty Thinking our emotions become very strong and cloud the way we think and understand things. • Because we feel bad we presume everything is – the emotions takeover! • We attach negative labels to ourselves eg I'm rubbish, stupid, a loser.
(5) SETTING YOURSELF UP!	(6) BLAME YOURSELF
<ul style="list-style-type: none"> • Setting targets too high and setting ourselves up to fail. • I should, I must, I can't, I want, I shouldn't etc. • Creating an impossible standard to achieve. 	<ul style="list-style-type: none"> • Everything that goes wrong/is wrong is our fault – even, stuff we have no control over! Eg I got into my car and it broke down! I turned on the computer and it crashed!

HOW FAULTY IS YOUR THINKING?

A Self-reflection Quiz

Rate yourself on a scale of 0-10 (0 = never, 5 = sometimes, 10 = all the time)

DOING DOWN!

How regularly do you look for the bad/negative things that happen?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How often do you think things aren't good enough?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How often do you ignore the good things that happen?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How regularly do you say the good things weren't 'that good'?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

BLOWING UP!

How often do you turn 1 negative into a bigger problem?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How often do you feel that life is just a catastrophe?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How regularly do you use 'all or nothing' thinking? eg I only got 78% and not 100% It's not good enough!

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

PREDICTING FAILURE!

How regularly do you think you know what other people are thinking about you?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How regularly do you say 'I know things will go wrong'?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

OVER EMOTIONAL THOUGHTS!

How often do you think 'I'm a really bad person'?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How regularly do you think you can never do anything right?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

SETTING YOURSELF UP!

How regularly do you say 'It's not good enough because it's not perfect'?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How often do you think 'I should do it like that/be like that'?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

How often do you say 'I MUST!'?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

BLAME YOURSELF!

How often do you say 'it's my fault' when things go wrong?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

PART 5

Find the Facts!



Look out!



***Test your thoughts by
finding the **EVIDENCE!*****

DAY and TIME	THOUGHT Rate how much you believe it 1-10 (10=totally) (Use the THOUGHT SCALE)	EVIDENCE FOR the thought	EVIDENCE AGAINST the thought
(1)			
(2)			
(3)			
(4)			



Look Out! - Part 2

***Test your thoughts by
finding the **EVIDENCE!*****

THOUGHT	What my best friend would say to me?	What I would say to my best friend if they had this thought?	How much do I believe this thought now? 1-10 (10 = totally)
(1)			
(2)			
(3)			
(4)			



REFRAMING NEGATIVE THOUGHTS

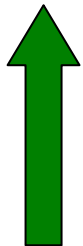
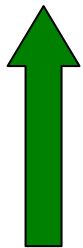
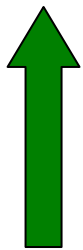
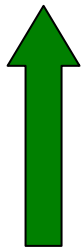
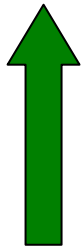


We need to challenge our negative thoughts and always check out the evidence! How true are these thoughts and how can we change negative thoughts into more balanced thoughts? Have a GO at reframing these NAT's (the first one is done for you!)

NAT	REFRAME IT!
I can't do that sum!	That sum is difficult and I might find it hard but I can ask for help.
I always get left out at break time!	
I never look as good as everyone else!	
My work is the worst!	
She gave me a dirty look because she doesn't like me!	
I'm stupid and thick!	
I won't get picked for the team!	
It's always my fault!	
I'll fail this test!	
He thinks I'm rubbish!	



THOUGHT SCALE



(10)	Totally believe
(9)	
(8)	
(7)	Quite strongly believe
(6)	
(5)	
(4)	Believe a bit
(3)	
(2)	
(1)	
(0)	Don't believe at all

**Examine
it!**

**Look for
the
Evidence!**

**Stop,
Think &
Reflect!**

**Check it
out with
others!**





KEY QUESTIONS

To test your thoughts!



- What is the evidence 'for' this thought?
- What is the evidence 'against' this thought?
- What would my best friend say if they heard my thought?
- What would my teacher say if he/she heard my thought?
- What would my parent/carer say if they heard my thought?
- What would I say to my best friend if he/she had this thought?
- Am I making any thinking mistakes? (eg blowing it up, forgetting my strengths or good points, self-blaming or predicting failure/thinking I know what others are thinking etc)

KEY POINTS

GET IT IN PERSPECTIVE!!

We need the evidence – check it out!

Be Realistic – life is not problem free!

Challenge and change your thinking to cope more effectively.

PART 6

More on your Core Beliefs

CORE BELIEFS

Knowing your CORE BELIEFS helps you to understand why you always end up thinking the same way and why you get STUCK IN that NEGATIVE state!

You can use the self-questioning technique to identify your core beliefs.

NAT → I only got 62% in the Maths test
Question: If this is true, what does it say about me?



I totally messed up
Question: If this is true, what does it say about me?



I even get the easy ones right
Question: If this is true, what does it say about me?



I get everything wrong
Question: If this is true, what does it say about me?



I'm useless



My 4 Most Common Automatic Thoughts!



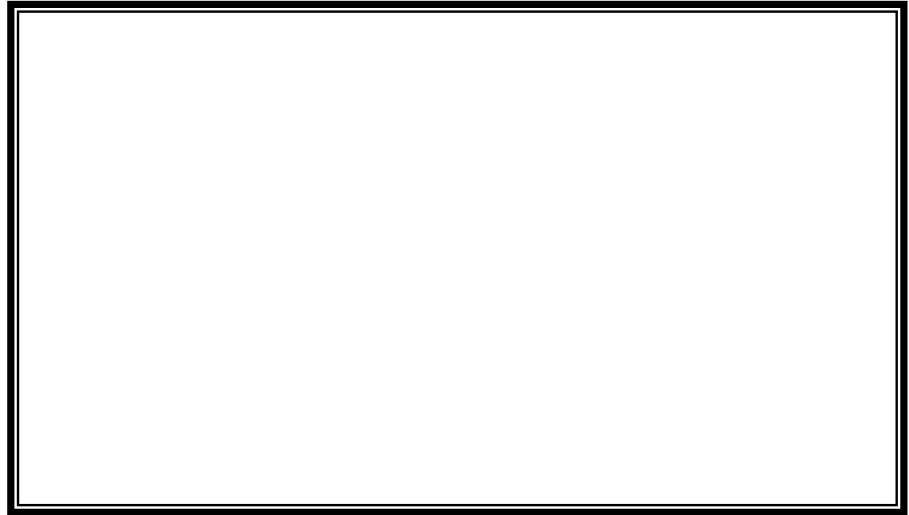
Identify your 4 **most** common automatic thoughts and use the 'AND SO' strategy....

Negative Thought 1	Negative Thought 2
<div></div> <p>And so, if this were true, what would this say about me?</p> <p>And so, if this were true, what would this say about me?</p>	<div></div> <p>And so, if this were true, what would this say about me?</p> <p>And so, if this were true, what would this say about me?</p>
Negative Thought 3	Negative Thought 4
<div></div> <p>And so, if this were true, what would this say about me?</p> <p>And so, if this were true, what would this say about me?</p>	<div></div> <p>And so, if this were true, what would this say about me?</p> <p>And so, if this were true, what would this say about me?</p>

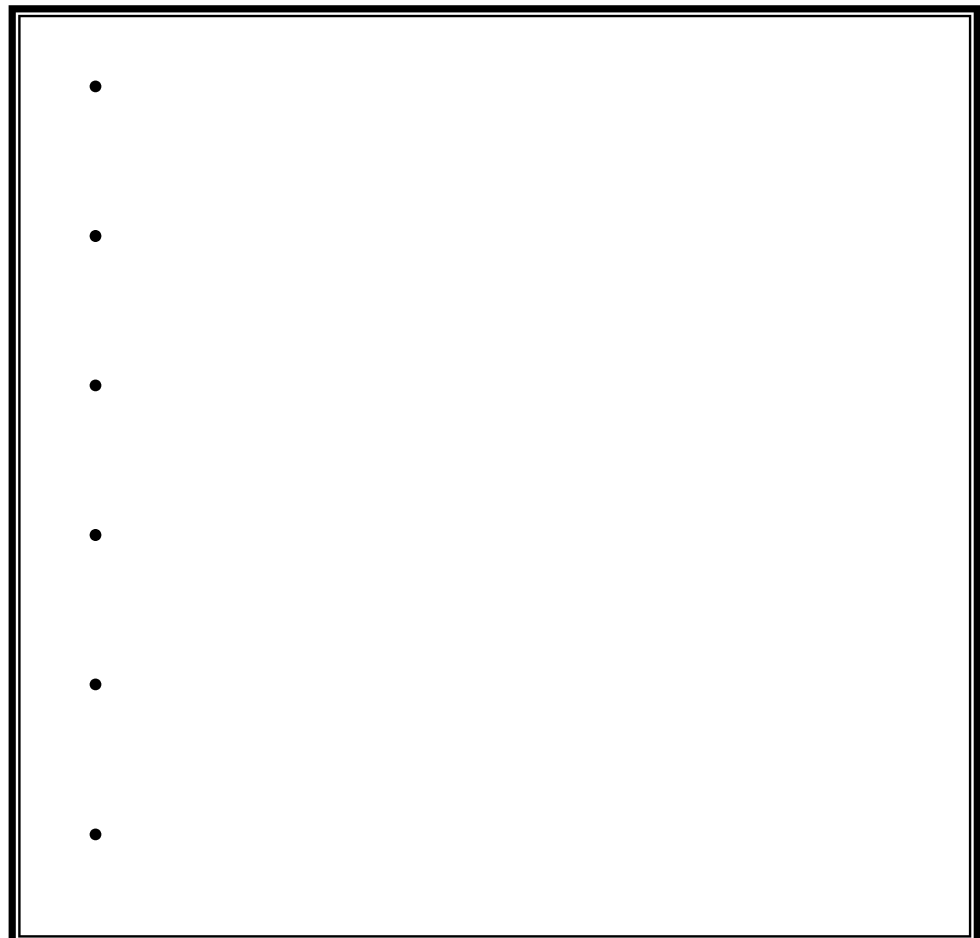
Challenge that CORE BELIEF

CHOOSE 1 CORE BELIEF AND THINK ABOUT ALL THE EVIDENCE THAT
MIGHT SUGGEST THIS IS NOT ALWAYS TRUE

CORE BELIEF:



EVIDENCE
AGAINST
IT:



-
-
-
-
-
-



Self-reflection Activity

Common Beliefs

How much do you agree with these statements?

Rate each out of 10

0 = not at all; 5 = sometimes; 10 = entirely

	Rating
1. I think it is good to be better than others at everything I do	<hr/> 10
2. Nobody loves me	<hr/> 10
3. Other people are much better than me	<hr/> 10
4. I think it is important that my parents/carers are involved in everything I do	<hr/> 10
5. I am a total failure	<hr/> 10
6. I am better than others	<hr/> 10
7. I am really special	<hr/> 10
8. I am not responsible for everything I do	<hr/> 10
9. I can show how I feel to others	<hr/> 10



Self-reflection Activity

Common Beliefs continued

PART 7

Thought Control!



Information Sheet

Controlling Thoughts

!!!
A NEGATIVE
CYCLE

FACTS

- We listen to our thoughts a lot
- We often accept negative thoughts as 'the truth' without really challenging them
- These thoughts can become louder and it becomes harder to hear the positive thoughts
- The more we listen to them, the more uncomfortable and down we feel and the less we do – it's a TRAP!!

THE SOLUTION: DISTRACTION

- Helps you take your mind off the negative thoughts
- Helps you take CONTROL of your thoughts by thinking of something else
- You DROWN OUT those negative thoughts by ensuring your mind does what YOU want it to!

STRATEGIES TO TRY

- | | |
|---------------------------|-----------------|
| • Describing what you see | • Worry box |
| • Puzzle it out! | • Turn it down! |
| • Get absorbed | • Test it! |
| • Self-talking | • Bin them! |
| • Top talk | |

Test It!

- Identify the negative thought you most often have

- SCALE IT! Out of 10 for how strongly you believe this thought (0 = not strongly; 5 = quite strongly; 10 = extremely strongly)

10


- Design an EXPERIMENT! What test could you set up to see if this is true?
- When will you do this?
- If you think your negative thought is true, what do you think will happen?

AFTERWARDS.....

- What DID happen?
- How much/strongly do you now believe this thought?

My Positive Scroll

Sometimes we forget to think about the positive or good things that happen – NOT GOOD!! Every evening, think of 1 thing (at least) that has happened that made you feel good. Record these on your positive scroll. At the end of the week LOOK at the list – now you'll know that positive things really do happen to you!



Distraction!

Try it out! Experiment!!

Distraction!

<p>THE WORRY BOX!</p> <ul style="list-style-type: none">• Write the NATs down• Find a box and make your own worry box• Post them away• At the end of the week, open the box and discuss these worries with someone you trust!	<p>TURN IT DOWN!</p> <ul style="list-style-type: none">• Imagine a tape recorder• Describe it – size, controls and how you turn the volume up and down• Practice changing the controls• When you realise you are starting to listen to your negative thoughts, turn the volume down or turn it off altogether
I will use this when _____ _____	I will use this when _____ _____
<p>DESCRIBING WHAT YOU SEE!</p> <ul style="list-style-type: none">• Stop the NAT and simply describe in detail what you see• Use colours, size, shapes, smells, textures etc• You will then start to feel calmer• Repeat if the NAT comes back	<p>PUZZLE IT OUT!</p> <ul style="list-style-type: none">• Set yourself a puzzle to distract yourself• Count backwards from 250• Name all your favourite bands• Spell the names of all your friends/family backwards
I will use this when _____ _____	I will use this when _____ _____
<p>SELF-TALKING!</p> <ul style="list-style-type: none">• Stop the NAT and change your thought pattern• Stop listening to doubts• Formulate a Positive Coping Message for yourself• Repeat this until you have stopped the NAT!	<p>BIN THEM!</p> <ul style="list-style-type: none">• Empty your head of those negative thoughts• Write them down (or type into your computer)• Screw them up• Bin them!
I will use this when _____ _____	I will use this when _____ _____

PART 8

Focus on Feelings 1



Information Sheet

Focus on Feelings



Learning to IDENTIFY FEELINGS is important – then you can learn how to control them more effectively (eg relaxation strategies such as breathing exercises may help with feelings of stress or anxiety but not with feelings of sadness.)

LOOK for the SYMPTOMS!

STRESS	UNHAPPINESS
<ul style="list-style-type: none">• Feel sick• Short breathing• Butterflies• Sweating• Light headed• Weary/jelly legs• Muscle ache• Mind goes blank• Can't make decisions• Red face• Feel like fainting	<ul style="list-style-type: none">• Tearful• Crying for no apparent reason• Can't sleep• Wake up early• No energy and always tired• No appetite/overreacting• Lack of concentration• No interest in things you like• Don't want to go out/join in













ANGER
<ul style="list-style-type: none">• Screaming/shouting• Swearing and threatening• Breaking stuff• Slamming doors• Throwing things• Hitting/fighting/kicking• Want to harm yourself

STOP, THINK & REFLECT
<ul style="list-style-type: none">• Tearful• Crying for no apparent reason• Can't sleep• Wake up early• No energy and always tired• No appetite/overreacting• Lack of concentration• No interest in things you like• Don't want to go out/join in



Thoughts and Feelings



THOUGHTS That make me feel positive!	THOUGHTS That make me feel negative!
 _____	 _____
 _____	 _____
 _____	 _____
ACTIVITIES That make me feel positive!	ACTIVITIES That make me feel negative!
 _____	 _____
 _____	 _____
 _____	 _____



Feeling Search

Try to find these FEELINGS in the Feeling Search

Happy	Angry	Excited	Scared	Sad
Anxious	Tense	Ashamed	Hurt	Guilty
Frightened	Nervous	Calm	Depressed	Worried
Bullied	Thrilled	Relaxed	Upset	thrilled

t	h	u	r	t	v	h	J	h	a	p	p	y	a
h	a	b	u	l	l	i	e	d	o	e	n	p	s
r	a	n	g	r	y	t	u	t	e	n	s	e	h
i	o	k	n	e	r	v	o	u	s	x	a	q	a
l	t	h	r	i	l	l	e	d	c	s	d	u	m
l	b	f	r	i	g	h	t	e	n	e	d	l	e
e	d	t	d	v	b	a	n	x	i	o	u	s	d
d	e	x	c	i	t	e	d	n	w	a	p	c	l
g	e	a	p	r	e	l	a	x	e	d	s	a	y
r	s	f	k	g	u	i	l	t	y	w	e	r	m
x	a	a	o	w	o	r	r	i	e	d	t	e	b
l	d	e	p	r	e	s	s	e	d	r	u	d	t



When Do I Feel???



What to do:

We can feel differently in different places. How do you feel in each situation? Draw an arrow from each feeling to the situation that causes you to feel this way.

FEELING

Sad	Angry
Excited	Calm
Scared	Worried
Upset	Nervous
Tense	Bored
Fed-up	Frustrated
Relaxed	Confused
Comfortable	Secure

SITUATION

With my Mum or Dad/carers
At night in bed
Out at the shops
At home
At school
With friends at school
On my own
Doing homework

PART 9

Focus on Feelings 2



My Feelings



Thought-storm! Write down all the FEELINGS you have under 2 headings: COMFORTABLE and UNCOMFORTABLE – choose colours for your feelings eg red for anger, yellow for happy etc. DESIGN A POSTER to show all these feelings and how much you have of each one.

Me



And my feelings



Feeling Self-reflection Activity

What happens when I feel ... ?

Think about something that makes you feel _____.

How would others know you felt like this?

How does your face look?



How does your body show this feeling?



How do you behave when you feel like this?



How much of the time do you feel this way?

Never 0 1 2 3 4 5 6 7 8 9 10 All the time

Complete this self-reflection activity for the following feelings:

angry sad happy anxious excited



The Main Events



List the main places, people and activities in your life. Then record the feelings that go with each of these on the chart below.

Place, person/activity	Feelings

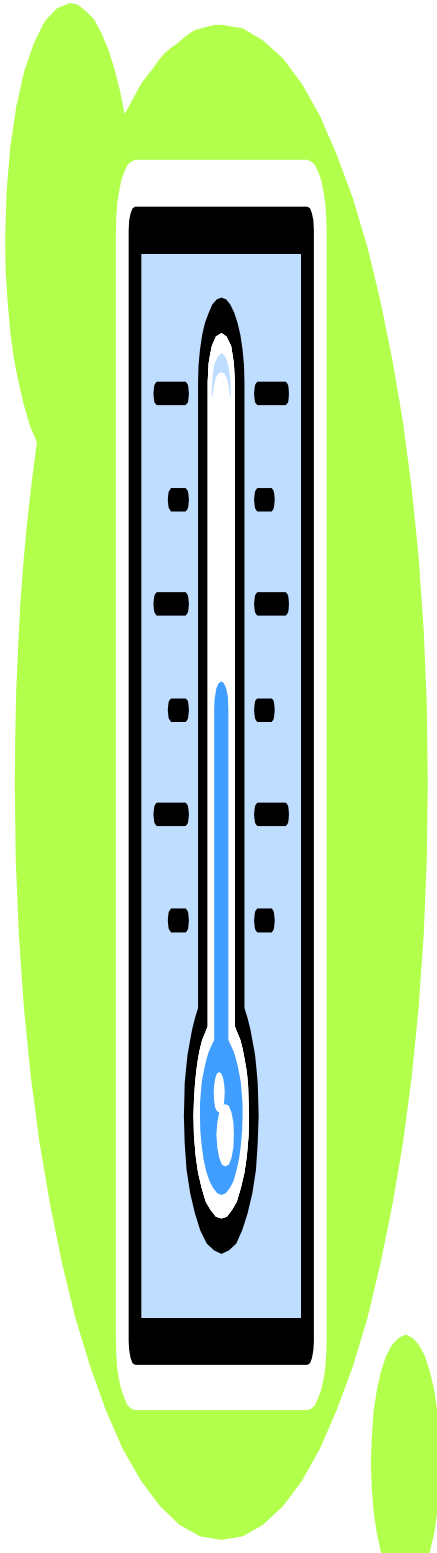
Which gives you the most comfortable feelings?
Which gives you the most uncomfortable feelings?



Feeling Barometer



Use the feeling barometer to show how **STRONG** your feeling is.



10 Extremely Strong

9

8

7 Fairly Strong

6

5

4

3 Weak

2

1

0 Very weak

PART 10

Control those Feelings!



Information Sheet



You have identified some of the places you go to or things you do that produce **STRONG** or **UNCOMFORTABLE FEELINGS**.



Generally – we try to do things/go places/be with people that make us feel comfortable. We tend to **AVOID** the things that make us feel uncomfortable.

The BIG BUT!

Sometimes our feelings **TAKE OVER** and **STOP** us doing what we really want to do.

- You may want to go to the party but you feel so **NERVOUS** you can't make yourself go.
- You may want to see your friends but you feel so **WORRIED** about going you just can't see them.

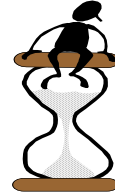
WE NEED TO CONTROL THESE FEELINGS TO BREAK DOWN THE BARRIERS!

Learn the strategies! Try them out! Don't give up!



Relax!

A 10 Minute Strategy!



Tense each of the major muscle groups in your body for about 5-10 seconds and then RELAX. Some parts of your body may be more tense than others. Try to find these and pay more attention to them.

PRACTICE! PRACTICE! PRACTICE!

- Choose a quiet, warm and comfortable place
- Sit in a comfy chair or lie on your bed
- Make sure you won't be disturbed
- Tense your muscles in
 - (a) your arms
 - (b) your hands
 - (c) your legs and feet
 - (d) your stomach
 - (e) your shoulders
 - (f) your neck
 - (g) your face
- Tense for 5-10 seconds and then relax
- Repeat
- Close your eyes and count slowly to 100

Keep a Relaxation Diary for 1 week. Use this strategy when you begin to feel stressed or fed-up. Then reflect! How useful was this? How did it help?

1
2
3
4

More Strategies!

1
2
3
4

Consider each of the strategies... Tick against those that you think you might be able to use. When do you think each strategy might help you most?

<p>PHYSICAL EXERCISE</p> <p>A good walk, run or swim can help you to get rid of angry or anxious feelings.</p> <p><input type="checkbox"/> Yes/No</p>	<p>CONTROLLED BREATHING</p> <p>Slowly breath in, hold for 5-10 seconds and then slowly let out the breath. As you do this, say 'RELAX' to yourself.</p> <p><input type="checkbox"/> Yes/No</p>
<p>CALMING PICTURES</p> <p>Visualise a special place in your mind – somewhere really restful and peaceful. Turn this picture on when you feel uncomfortable.</p> <p><input type="checkbox"/> Yes/No</p>	<p>READING</p> <p>Read a book – escape into a fantasy world to relax.</p> <p><input type="checkbox"/> Yes/No</p>
	<p>WALKING/RUNNING (with or without the dog!)</p> <p>Go out for a walk with the dog and clear your mind of the stress.</p> <p><input type="checkbox"/> Yes/No</p>
<p>LISTENING TO MUSIC</p> <p>Listen to your favourite music – something that makes you feel happy and relaxed and takes your mind off the problem.</p> <p><input type="checkbox"/> Yes/No</p>	



My Personal Relaxation Strategies

Thought-storm! What makes me relax and feel calm!



Make a **Relaxation Plan** – identify your 3 most stressful situations and the strategies you would now use to try to keep calmer and stay more relaxed in each situation. Try them out!

PART 11

Changing Behaviour



Daily Diary Format

Keep a daily diary. Record your activities and how you felt. Use the Feelings Barometer to rate the strength of each feeling.

What I did	How I felt
7.00am	
8.00	
9.00	
10.00	
11.00	
12.00	
1.00pm	
2.00	
3.00	
4.00	
5.00	
6.00	
7.00	
8.00	
9.00	
10.00	
11.00	

Climb the Mountain

Write or draw all your goals/things you would like to do on a piece of paper. Cut them out and then arrange them on the mountain below. Place the ones that seem easiest to achieve at the bottom, the most difficult at the top and the slightly easier ones in the middle. NEXT – start with the first and easiest task – when you’ve achieved it, climb a little further up the mountain and try the next one. Remember – take SMALL steps to reach the TOP!

Hardest



Easiest

Change Your Behaviour - Change Your Life!

Things I would like to do MORE often!

Write or draw on the chart below





Take up the Challenge

My Main Challenge:

Stage 1 – My Steps to Succeed are:

-
-
-
-

Stage 2 – My Coping Self-talk is:

Stage 3 – Visualise Yourself being Successful

Repeat your coping self-talk while you imagine reaching your 1st step!
Keep practising this

Stage 4 – Experiment!

Pick a time to face your fear or challenge – TRY IT OUT – take your first step and use your self-talk

Stage 5 – Reward!

Treat yourself for being successful

Don't give up! Keep going!
Break the steps down into smaller ones if you don't succeed at first!



Bin It!



Bin that bad habit! Use SMALL STEPS

- Write down all your 'bad' habits and put them in order – easiest to stop at the bottom and hardest at the top
- Pick one HABIT to dump

- Record your SMALL STEPS to SUCCESS

- How will you keep calm? What is your coping self-talk?

- Who else can help or support you and how?

**Have a go! Reward yourself and don't give up!
Go for it!**

PART 12

Problem Solver



Focus on Solutions

The problem is _____

List all the ways you could **SOLVE** this problem:

I could solve this by...

1.

2.

3.

4.

5.

6.

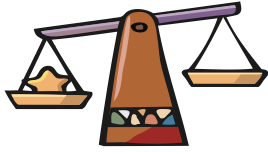
7.

8.

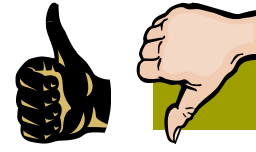
9.

10.

NEXT STEP Ask someone else how you could solve the problem. Record their ideas on the reverse of the sheet.



A Balanced View



Write down a key problem and list all the solutions you have worked on. **THINK AHEAD!** What would be the positive and negative consequences of each solution? Complete the consequences chart below.

Solution	Positive Consequences	Negative Consequences

NOW – STOP, THINK & REFLECT! Look at the consequences and make your decision. Which **SOLUTION** would be the best one for your particular problem?



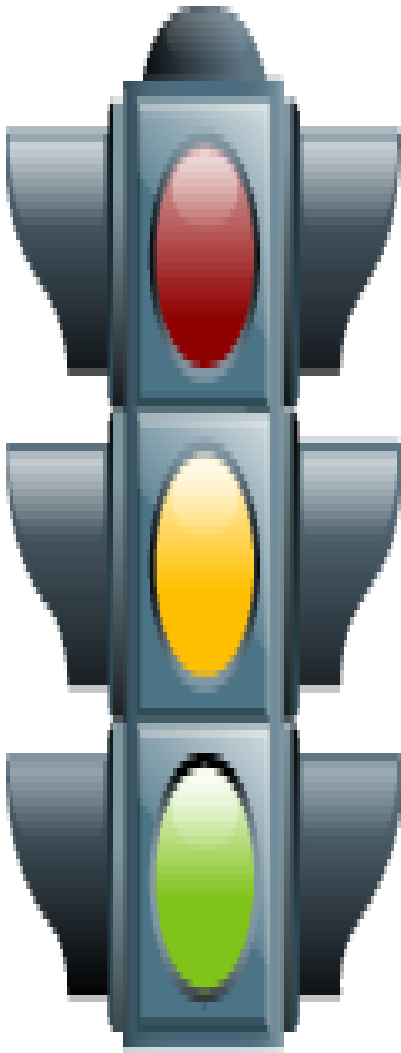
Friendly Talk

When you keep experiencing the same problem, find someone else who copes with it! Talk through their strategies and steps to success! Answer the following QUESTIONS:

- What is this problem?
- Who has successfully coped with this problem?
- How do they do this?
- When can I discuss their plan?
- What will my own plan then look like and when will I try it out?
- How will I reward myself for being successful?

Traffic Lights

Use the Stepped Approach to solving your problems



STOP

How does it look?
How do you feel?
How do you behave?
How are others involved?

PLAN

What are your solutions?
Which is the best one and why?
When will you try it out?

GO

Do the experiment?
Try it out
Reward yourself
Evaluate and re-plan!
Don't give up!