## Problems that Get in Our Way:

<table>
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<tr>
<th>Problem NAME</th>
<th>Do you have this PROBLEM?</th>
<th>How does it get in the way?</th>
<th>What can you do to overcome this problem?</th>
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</table>
| **Low Self Image** | - Do you often feel sorry for yourself?  
- Do you feel victimized by life in general or by others?  
- Do you feel like it’s not worth trying because things never work out?  
- Do you have a hard time trusting others?  
- Do you disregard compliments from others? | - Keeps you from trying hard.  
- Wrecks relationships.  
- Makes you externalize responsibility.  
- Makes you give up easily.  
- Causes additional negative emotions like jealousy, insecurity. | - Practice taking responsibility when things go wrong  
- Accept credit when things go well  
- Take healthy risks  
- Make a list of your strengths / the good things in your life / things you accomplish each day  
- Spend time with people who bring you UP, not DOWN. |
| **Authority Problem** | - Do you feel like people in authority are out to get you?  
- Do you really hate being told what to do or not do?  
- Do you spend a lot of time trying to find ways around rules, limits, etc.?  
- Do you feel like authority figures are always trying to control you? | - Causes you to get into trouble at home, school, and community.  
- Makes you cut off people who could help you.  
- Causes you to lose valuable opportunities.  
- Wrecks your chance for getting/keeping a job.  
- Makes you feel angry a lot. | - Practice giving a few (possibly trustworthy) authority figures the benefit of the doubt.  
- Accept help from teachers, parents, caring adults.  
- Try following reasonable directions/advice, then reflect on what you have gained or lost in the process. |
| **Misleads Others** | - Are you a “negative leader” among your peers?  
- Do you encourage others to behave in negative ways?  
- Do you manipulate others?  
- Do you try to get attention and | - Friendships and relationships tend to be “false” and don’t last long.  
- You get into trouble at home, school, community.  
- Eventually causes low self- | - Practice using your leadership ability in positive ways.  
- Be a good example for someone else.  
- Figure out what it is you’re trying to get or avoid when you mislead others and find better ways to get this need met. |
| Easily Misled | Approval from peers in negative ways?  
- Do you start or follow (or get sucked into) the “drama”?  
- Is it hard to resist peer pressure?  
- Will you do most anything to get a laugh (or attention / approval) from your friends?  
- Is it hard to stay out of the “drama”? |  
|image.  
- You lose opportunities for real leadership.  
- Strong/Smart people avoid you |  
| - Give yourself a fresh start each day; trust your |  
| - Do you get pulled off task easily by peers?  
- Is it hard to resist peer pressure?  
- Will you do most anything to get a laugh (or attention / approval) from your friends?  
- Is it hard to stay out of the “drama”? | - You end up in trouble.  
- You often get the blame for things that are started by others.  
- False friendships / get “used” by others.  
- Can lead to low self image. | - Set goals for yourself (for the hour or the day or your future…)  
- Get in touch with your personal values / “code of ethics”  
- Practice how you will say “no” to peer pressure.  
- Identify supports and supportive people who will help you be true to your goals. |
| Aggravates Others | - Do you tease or pick on others?  
- Do you say or do things to make others angry?  
- Do you use bullying or intimidation to get your own way?  
- Do people often say that you are bothering/annoying/irritating them? | - Hard to make and keep good friends.  
- You get into trouble at school and in the community  
- Difficult to get good grades, get a job, have good relationships.  
- Connects to low self-image. | - Figure out what it is that you want to get or avoid when you behave this way.  
- Identify effective communication skills for positive interaction with others and practice these. |
| Easily Angered | - Do you get upset or angry very quickly or easily?  
- Do people tell you that you have a bad temper?  
- Do you get frustrated/disappointed more quickly than your peers seem to?  
- Do you become violent when things go wrong? | - You get into trouble at school and trouble with the law.  
- Hard to keep a job  
- Hard to keep good friendships and relationships.  
- Break or ruin things that you care about. | - Learn how to recognize the signs that you’re getting upset.  
- Learn and practice de-escalation techniques.  
- Identify safe adults and spaces for when you are angry.  
- Reflect after each episode to find ways to improve your self-control.  
- Walk away / Talk it out  
- Commit to taking control of yourself |
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<th>Substance Use</th>
<th>Fronting</th>
<th>Black and White Thinking</th>
<th>Globalizing</th>
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| - Do you frequently use tobacco products, alcohol, or drugs?  
- Does addiction or withdrawal impact your day in a negative way? | - Do you put on a tough act so that nobody knows your real feelings  
- Do you say and do things you don’t really mean? | - Do you have extreme opinions about things?  
- Are you either “all in” or “all out”?  
- If you don’t get your way, do you get very upset?  
- Do you make sweeping judgments based on only a little bit of information? | - When something goes wrong can it ruin your whole day?  
- If you make a mistake, do you give up because you’re no good at this activity?  
- If you have a bad interaction with someone, do you dislike that person?  
- If you dislike someone, does that also go for their family and friends?  
- Do you have prejudiced feelings about any particular group of people? |
| - Trouble with law and school  
- Can’t learn  
- Feel sick  
- Give up personal power | - Gets in the way of good relationships  
- Stops personal growth  
- People don’t know what you need ore even who you are.  
- People may see you as “fake” | - Limits your ability to understand complicated ideas  
- Limits your ability to get along with other people  
- Turns your mind into a prison  
- Makes you miss out on some of the best things in life.  
- Makes you give up easily. | - Can trigger anger problem and low self-image problem.  
- Can make you feel overwhelmed  
- Can make you feel helpless.  
- Ruins relationships.  
- Causes you to lose opportunities  
- Makes you give up easily.  
- Makes other people disrespect you |
| - Get adult help / Counseling  
- Use substitute highs like exercise, water, gum/candy, adventure activities  
- Set personal goals | - Try to be mindful about how you are coming across  
- Work with someone you trust to create a system of “reminders”  
- Analyze your interactions with others, and set goals for being more “real”. | - Remind yourself that NOTHING is all good or all bad.  
- Look for evidence that may not be in line with your gut reaction.  
- Make pros & cons lists about things or ideas you like, and about things or ideas you don’t like.  
- Pay attention when things don’t fit into your way of thinking. | - See Black and White Thinking for ideas.  
- Look for the “gift” in tough situations.  
- Look for the “gift” in people you don’t like.  
-- Think about situations and people as unique … Be specific in your opinions: “I don’t like the sauce on THIS lasagna” instead of “I hate all lasagna”. Or: “I disagree with what this politician is saying” instead of “I hate all Democrats”. |