

## Problems that Get in Our Way:

<b>Problem NAME</b>	<b>Do you have this PROBLEM?</b>	<b>How does it get in the way?</b>	<b>What can you do to overcome this problem?</b>
<b>Low Self Image</b>	<ul style="list-style-type: none"> <li>- Do you often feel sorry for yourself?</li> <li>- Do you feel victimized by life in general or by others?</li> <li>- Do you feel like it's not worth trying because things never work out?</li> <li>- Do you have a hard time trusting others?</li> <li>- Do you disregard compliments from others?</li> </ul>	<ul style="list-style-type: none"> <li>- Keeps you from trying hard.</li> <li>- Wrecks relationships.</li> <li>- Makes you externalize responsibility.</li> <li>- Makes you give up easily.</li> <li>- Causes additional negative emotions like jealousy, insecurity.</li> </ul>	<ul style="list-style-type: none"> <li>- Practice taking responsibility when things go wrong</li> <li>- Accept credit when things go well</li> <li>- Take healthy risks</li> <li>- Make a list of your strengths / the good things in your life / things you accomplish each day</li> <li>- Spend time with people who bring you UP, not DOWN.</li> </ul>
<b>Authority Problem</b>	<ul style="list-style-type: none"> <li>- Do you feel like people in authority are out to get you?</li> <li>- Do you really hate being told what to do or not do?</li> <li>- Do you spend a lot of time trying to find ways around rules, limits, etc.?</li> <li>- Do you feel like authority figures are always trying to control you?</li> </ul>	<ul style="list-style-type: none"> <li>- Causes you to get into trouble at home, school, and community.</li> <li>- Makes you cut off people who could help you.</li> <li>- Causes you to lose valuable opportunities.</li> <li>- Wrecks your chance for getting/keeping a job.</li> <li>- Makes you feel angry a lot.</li> </ul>	<ul style="list-style-type: none"> <li>- Practice giving a few (possibly trustworthy) authority figures the benefit of the doubt.</li> <li>- Accept help from teachers, parents, caring adults.</li> <li>- Try following reasonable directions/advice, then reflect on what you have gained or lost in the process.</li> </ul>
<b>Misleads Others</b>	<ul style="list-style-type: none"> <li>- Are you a "negative leader" among your peers?</li> <li>- Do you encourage others to behave in negative ways?</li> <li>- Do you manipulate others?</li> <li>- Do you try to get attention and</li> </ul>	<ul style="list-style-type: none"> <li>- Friendships and relationships tend to be "false" and don't last long.</li> <li>- You get into trouble at home, school, community.</li> <li>- Eventually causes low self-</li> </ul>	<ul style="list-style-type: none"> <li>- Practice using your leadership ability in positive ways.</li> <li>- Be a good example for someone else.</li> <li>- 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.</li> </ul>

	<p>approval from peers in negative ways?</p> <ul style="list-style-type: none"> <li>- Do you start or follow (or get sucked into) the “drama”?</li> </ul>	<p>image.</p> <ul style="list-style-type: none"> <li>- You lose opportunities for real leadership.</li> <li>- Strong/Smart people avoid you</li> </ul>	<ul style="list-style-type: none"> <li>- Give yourself a fresh start each day; trust your</li> </ul>
<b>Easily Misled</b>	<ul style="list-style-type: none"> <li>- Do you get pulled off task easily by peers?</li> <li>- Is it hard to resist peer pressure?</li> <li>- Will you do most anything to get a laugh (or attention / approval) from your friends?</li> <li>- Is it hard to stay out of the “drama”?</li> </ul>	<ul style="list-style-type: none"> <li>- You end up in trouble.</li> <li>- You often get the blame for things that are started by others.</li> <li>- False friendships / get “used” by others.</li> <li>- Can lead to low self image.</li> </ul>	<ul style="list-style-type: none"> <li>- Set goals for yourself (for the hour or the day or your future...)</li> <li>- Get in touch with your personal values / “code of ethics”</li> <li>- Practice how you will say “no” to peer pressure.</li> <li>- Identify supports and supportive people who will help you be true to your goals.</li> </ul>
<b>Aggravates Others</b>	<ul style="list-style-type: none"> <li>- Do you tease or pick on others?</li> <li>- Do you say or do things to make others angry?</li> <li>- Do you use bullying or intimidation to get your own way?</li> <li>- Do people often say that you are bothering/annoying/irritating them?</li> </ul>	<ul style="list-style-type: none"> <li>- Hard to make and keep good friends.</li> <li>- You get into trouble at school and in the community</li> <li>- Difficult to get good grades, get a job, have good relationships.</li> <li>- Connects to low self-image.</li> </ul>	<ul style="list-style-type: none"> <li>- Figure out what it is that you want to get or avoid when you behave this way.</li> <li>- Identify effective communication skills for positive interaction with others and practice these.</li> </ul>
<b>Easily Angered</b>	<ul style="list-style-type: none"> <li>- Do you get upset or angry very quickly or easily?</li> <li>- Do people tell you that you have a bad temper?</li> <li>- Do you get frustrated/disappointed more quickly than your peers seem to?</li> <li>- Do you become violent when things go wrong?</li> </ul>	<ul style="list-style-type: none"> <li>- You get into trouble at school and trouble with the law.</li> <li>- Hard to keep a job</li> <li>- Hard to keep good friendships and relationships.</li> <li>- Break or ruin things that you care about.</li> </ul>	<ul style="list-style-type: none"> <li>- Learn how to recognize the signs that you’re getting upset.</li> <li>- Learn and practice de-escalation techniques.</li> <li>- Identify safe adults and spaces for when you are angry.</li> <li>- Reflect after each episode to find ways to improve your self-control.</li> <li>- Walk away / Talk it out</li> <li>- Commit to taking control of yourself</li> </ul>

<b>Substance Use</b>	<ul style="list-style-type: none"> <li>- Do you frequently use tobacco products, alcohol, or drugs?</li> <li>- Does addiction or withdrawal impact your day in a negative way?</li> </ul>	<ul style="list-style-type: none"> <li>- Trouble with law and school</li> <li>- Can't learn</li> <li>- Feel sick</li> <li>- Give up personal power</li> </ul>	<ul style="list-style-type: none"> <li>- Get adult help / Counseling</li> <li>- Use substitute highs like exercise, water, gum/candy, adventure activities</li> <li>- Set personal goals</li> </ul>
<b>Fronting</b>	<ul style="list-style-type: none"> <li>- Do you put on a tough act so that nobody knows your real feelings</li> <li>- Do you say and do things you don't really mean?</li> </ul>	<ul style="list-style-type: none"> <li>- Gets in the way of good relationships</li> <li>- Stops personal growth</li> <li>- People don't know what you need or even who you are.</li> <li>- People may see you as "fake"</li> </ul>	<ul style="list-style-type: none"> <li>- Try to be mindful about how you are coming across</li> <li>- Work with someone you trust to create a system of "reminders"</li> <li>- Analyze your interactions with others, and set goals for being more "real".</li> </ul>
<b>Black and White Thinking</b>	<ul style="list-style-type: none"> <li>- Do you have extreme opinions about things?</li> <li>- Are you either "all in" or "all out"?</li> <li>- If you don't get your way, do you get very upset?</li> <li>- Do you make sweeping judgments based on only a little bit of information?</li> </ul>	<ul style="list-style-type: none"> <li>- Limits your ability to understand complicated ideas</li> <li>- Limits your ability to get along with other people</li> <li>- Turns your mind into a prison</li> <li>- Makes you miss out on some of the best things in life.</li> <li>- Makes you give up easily.</li> </ul>	<ul style="list-style-type: none"> <li>- Remind yourself that NOTHING is all good or all bad.</li> <li>- Look for evidence that may not be in line with your gut reaction.</li> <li>- Make pros &amp; cons lists about things or ideas you like, and about things or ideas you don't like.</li> <li>- Pay attention when things don't fit into your way of thinking.</li> </ul>
<b>Globalizing</b>	<ul style="list-style-type: none"> <li>- When something goes wrong can it ruin your whole day?</li> <li>- If you make a mistake, do you give up because you're no good at this activity?</li> <li>- If you have a bad interaction with someone, do you dislike that person?</li> <li>- If you dislike someone, does that also go for their family and friends?</li> <li>- Do you have prejudiced feelings about any particular group of people?</li> </ul>	<ul style="list-style-type: none"> <li>- Can trigger anger problem and low self-image problem.</li> <li>- Can make you feel overwhelmed</li> <li>- Can make you feel helpless.</li> <li>- Ruins relationships.</li> <li>- Causes you to lose opportunities</li> <li>- Makes you give up easily.</li> <li>- Makes other people disrespect you</li> </ul>	<ul style="list-style-type: none"> <li>- See Black and White Thinking for ideas.</li> <li>- Look for the "gift" in tough situations.</li> <li>- Look for the "gift" in people you don't like.</li> <li>-- 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".</li> </ul>

