

Problems that Get in Our Way:

Problem NAME	Do you have this PROBLEM?	How does it get in the way?	What can you do to overcome this problem?
Low Self Image	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - Keeps you from trying hard. - Wrecks relationships. - Makes you externalize responsibility. - Makes you give up easily. - Causes additional negative emotions like jealousy, insecurity. 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - Friendships and relationships tend to be "false" and don't last long. - You get into trouble at home, school, community. - Eventually causes low self- 	<ul style="list-style-type: none"> - 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.

	<p>approval from peers in negative ways?</p> <ul style="list-style-type: none"> - Do you start or follow (or get sucked into) the “drama”? 	<p>image.</p> <ul style="list-style-type: none"> - You lose opportunities for real leadership. - Strong/Smart people avoid you 	<ul style="list-style-type: none"> - Give yourself a fresh start each day; trust your
Easily Misled	<ul style="list-style-type: none"> - 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”? 	<ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - 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

Substance Use	<ul style="list-style-type: none"> - Do you frequently use tobacco products, alcohol, or drugs? - Does addiction or withdrawal impact your day in a negative way? 	<ul style="list-style-type: none"> - Trouble with law and school - Can't learn - Feel sick - Give up personal power 	<ul style="list-style-type: none"> - Get adult help / Counseling - Use substitute highs like exercise, water, gum/candy, adventure activities - Set personal goals
Fronting	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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" 	<ul style="list-style-type: none"> - 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".
Black and White Thinking	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> - 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.
Globalizing	<ul style="list-style-type: none"> - 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? 	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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".

