

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. 	<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. - 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. 	<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 approval from peers in negative ways? - Do you start (or get sucked into) the "drama"? 	<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-image. 	<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.
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 / 	<ul style="list-style-type: none"> - You end up getting in trouble. - You often get the blame for things that are started by others. 	<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"

	<p>approval) from your friends?</p> <ul style="list-style-type: none"> - Is it hard to stay out of the "drama"? 	<ul style="list-style-type: none"> - False friendships / get "used" by others. - Can led to low self image. 	<ul style="list-style-type: none"> - 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 or 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.
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 - Relinquish 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 	<ul style="list-style-type: none"> - Impedes good relationships - Stops personal growth - People don't know what you need. 	<ul style="list-style-type: none"> - See "low self image" for ideas.