



Working out what is important to you

Take a step back to work out what is important to you. This can give you direction and help you figure out how you want to live your life.

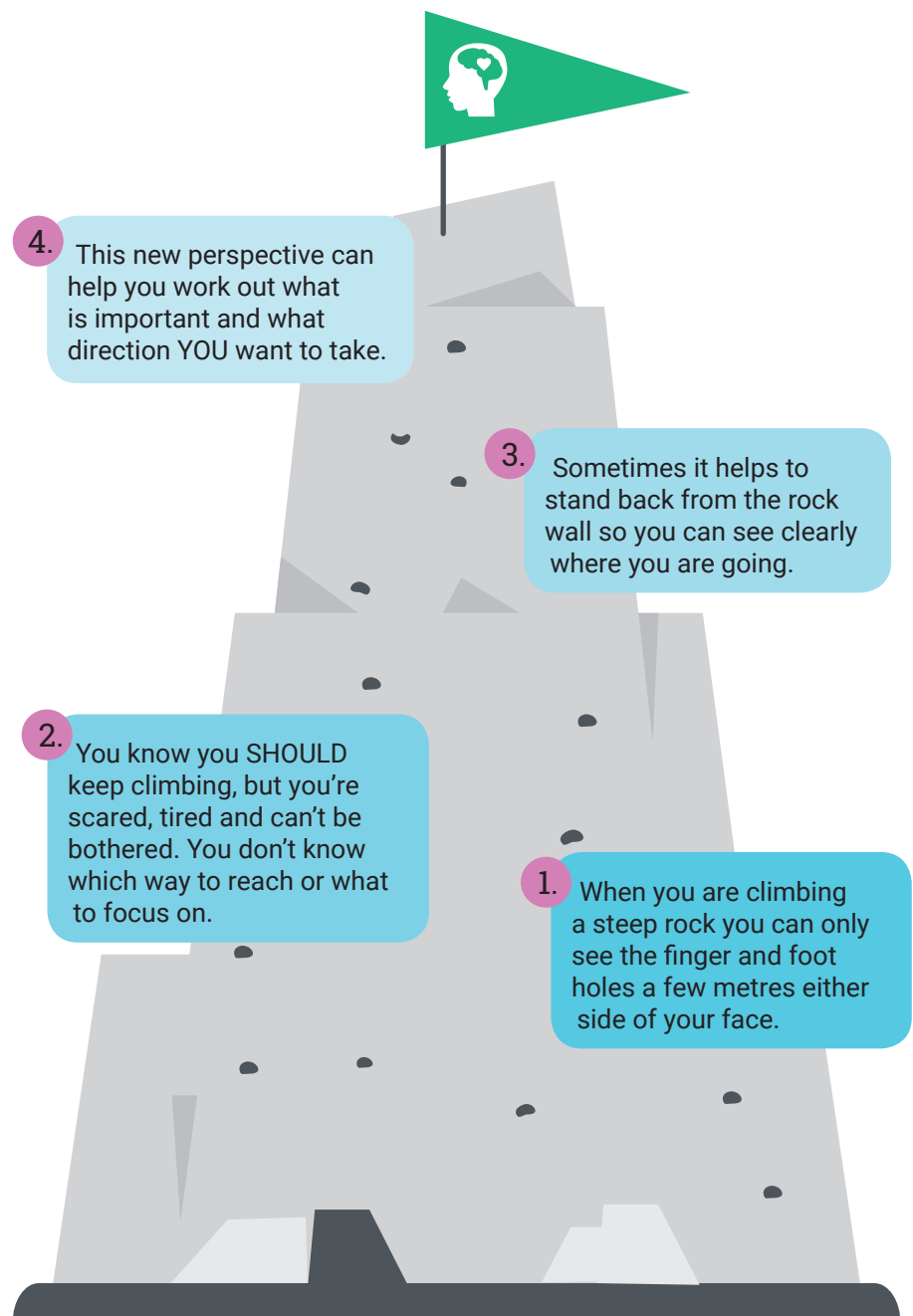
Sometimes when we experience overwhelming emotions, the way we think, feel or act changes. We can act in ways that our friends or family don't understand.

We feel things that we can't explain and sometimes do things that go against our values. Strong feelings can get in the way of doing things that are important to us – like being a good friend, sticking it out at school or being patient and kind with our family.

Even though you know you SHOULD try to make some changes, it can be hard to get motivated. You might feel like it's not worth it. Or that you have no idea HOW to start changing. Or that the only reason for change is to get everyone off your back. It can help if you take a moment to work out what is important to YOU.

HOW DO YOU WORK OUT WHAT IS IMPORTANT TO YOU?

Sometimes it is a matter of looking at things from another perspective. Start at the bottom of the mountain and think about it this way...



If you are having a hard time working out what you want...maybe think about what you don't want.



CHANGING YOUR RESPONSE TO EMOTIONS

1. For a minute, ignore the details of HOW you would make changes to the way you respond to emotions. Instead, think about WHAT changes you would make if you could change anything you wanted. How would you like to change your...

Thoughts?

Feelings?

Behaviours?

2. What are the 3 best reasons for you to make these changes?

1. _____

2. _____

3. _____

3. Rate how important it is for you to make this change? Circle what you think.



4. Why didn't you circle "Not Important?"

1. _____

2. _____

If you **did** circle 'Not Important', how can you reduce the harms that occur by **not** choosing to make any changes?

5. Imagine what it would be like if you could change. How would you think and feel? How differently would you act?

Now imagine what a typical week would be like if you could make those changes?



PRACTICE & REFLECT

Take a moment this week to reflect on your 3 best reasons for change. Tick it off in the calendar each time you think about reasons for change.

MON

TUE

WED

THUR

FRI

SAT

SUN

