

RETRACKING



This download is about some ideas about how to sort out problems with friends... You should print it out or save it to disk

It starts of with getting you to think about yourself, and how things, or people affect you, like make you angry, or sad, or happy.

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1

The first four pages are about you thinking about yourself, your friends, and who causes problems with friendships, is it you, them, or both of you?

2

Like all things in life, learning how to get on with friends can be tricky. The remaining pages are about being assertive (getting what you want without being angry, or hurting people) and problem solving.

3

Lots of practice helps, and/or getting a coach or some sort of teacher (could be a friend) may help you learn how to sort out friendships.

4

If these sheets don't help, look at some of the others, get yourself some direct help, and definitely talk to someone.

5

That's all!

FRIENDS AND OTHERS

TRUE OR FALSE?



I HAVE GOT LOTS OF FRIENDS	TRUE	FALSE
MY PARENTS LIKE MY FRIENDS	TRUE	FALSE
I HAVE A GOOD SOCIAL LIFE	TRUE	FALSE
MY FRIENDS SOMETIMES GET ME INTO TROUBLE	TRUE	FALSE
I SOMETIMES GET MY FRIENDS INTO TROUBLE	TRUE	FALSE
I AM ABLE TO KEEP MY FRIENDS	TRUE	FALSE
MOST OF MY FRIENDS ARE OLDER THAN ME	TRUE	FALSE
I HAVE HOBBIES AND INTERESTS	TRUE	FALSE
OTHER PEOPLE COPY WHAT I DO	TRUE	FALSE
I COPY WHAT OTHER PEOPLE DO	TRUE	FALSE
I LIKE TO BE THE CENTRE OF ATTENTION	TRUE	FALSE
MY SOCIAL LIFE IS MORE IMPORTANT TO ME THAN SCHOOL	TRUE	FALSE
THERE IS NOTHING TO DO WHERE I LIVE	TRUE	FALSE
MY PARENTS RESTRICT MY SOCIAL LIFE	TRUE	FALSE
I NEED LOTS OF EXCITEMENT IN MY LIFE	TRUE	FALSE

WHAT DO OTHER PEOPLE THINK OF ME?

Our behaviour is often very different, depending upon who we are with and where we are. How do you think other people see you? Below are a number of statements which others may, or may not, use to describe you. Using a different colour for friends, parents and teachers, draw a circle around the phrases which people might use to describe you. It is quite possible that some statements may have more than one colour.



I'M GOOD FUN TO BE WITH

I CAN ALWAYS BE TRUSTED

I ALWAYS THINK OF MYSELF

I NEVER SHARE MY FEELINGS

I TAKE LIFE VERY SERIOUSLY

I AM NOTHING BUT TROUBLE

I AM GENEROUS

I AM CLEVER

I DO EXCITING THINGS

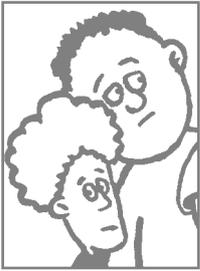
I CARE ABOUT OTHER PEOPLE

I HAVE A GOOD SENSE OF HUMOUR

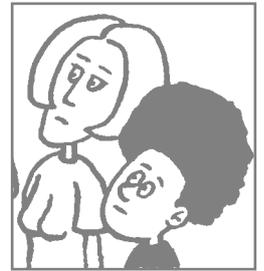
I DON'T CARE ABOUT THE FUTURE

I HAVE TROUBLE CONTROLLING MY TEMPER

I CAN'T BE BOTHERED ABOUT WHAT PEOPLE THINK



OTHERS' CONCERNS FOR ME?



HAVING DECIDED THAT YOUR MAIN WORRIES ARE ABOUT YOURSELF, HAVE A THINK ABOUT WHAT OTHER PEOPLE'S CONCERNS MIGHT BE FOR YOU. YES, THEY DO CARE!



PARENTS

TEACHERS

FRIENDS

DO THEIR CONCERNS MATCH YOURS?
CAN YOU UNDERSTAND WHY THEY ARE WORRIED?

EXCUSES...EXCUSES!!!

We all make use of EXCUSES at times to explain our behaviour.

Below is a list of excuses which you might use to explain what you do at school.

Tick the ones you think you may have used on a regular basis.

Underline the two excuses which are your favourites.



1. IT WASN'T MY FAULT!
2. WE WERE ONLY HAVING A BIT OF FUN
3. YOU'RE ALWAYS PICKING ON ME / US!
4. THEY MADE ME DO IT
5. I WAS BORED AND THERE WAS NOTHING ELSE TO DO
6. IT WAS AN ACCIDENT!
7. I FORGOT I'VE GOT A LOT ON MY MIND!
8. I COULDN'T LET MY MATES DOWN COULD I?
9. I'M NOT THE ONLY ONE EVERYBODY WAS DOING IT
10. IT'S JUST A PHASE I'M GOING THROUGH
11. THEY WERE ASKING FOR IT WEREN'T THEY?
12. I JUST WANTED TO PROVE THAT I COULD DO IT
13. IT SEEMED LIKE A GOOD IDEA AT THE TIME
14. I JUST DIDN'T THINK
15. THEY WERE REALLY ANNOYING ME, WHAT DO YOU EXPECT?



CAN YOU THINK OF ANY OTHER GOOD ONES?

FRIENDS AND TEMPTATIONS

Maybe you have already been involved in breaking the law?
If so, make a list of the sort of things which you have done which would
be thought of as "criminal":



What stops you from doing these things more often? _____

What do you get out of it? _____

How far are your friends involved with you in offending? _____

Put a circle round T for true or F for false next to the following statements:

- | | | |
|---|---|---|
| 1. I USUALLY OFFEND BY MYSELF | T | F |
| 2. MY FRIENDS ENCOURAGE ME TO DO THINGS I DON'T WANT TO DO | T | F |
| 3. IF I STOPPED OFFENDING SO WOULD MY FRIENDS | T | F |
| 4. I WOULDN'T HAVE ANY FRIENDS IF I STOPPED OFFENDING | T | F |
| 5. I ENCOURAGE MY FRIENDS TO DO THINGS THEY DON'T WANT TO DO | T | F |
| 6. MY FRIENDS DON'T OFFEND | T | F |
| 7. MY FRIENDS LOOK UP TO ME BECAUSE I OFFEND | T | F |
| 8. MY FRIENDS ARE TOO SCARED TO DO THE THINGS THAT I WANT TO DO | T | F |
| 9. MY FRIENDS TRY TO STOP ME FROM OFFENDING | T | F |
| 10. I GOT INTO TROUBLE FIRST BECAUSE OF MY FRIENDS | T | F |

STOPPING AND THINKING



Do you remember, in the previous sections, we spent some time looking at some of the reasons that might have led you getting into trouble, at school, at home or in the community?

We talked about “*pushes and pulls*”, about “*body language*” and “*keeping in control*”. In this section we have thought about “*willpower*” and might even have tried some exercises aimed at developing greater *self control*.

If you were to take a moment, thinking again about some of the situations which have led to uncomfortable consequences for yourself, you would probably agree that if you had given yourself time to think about the possible outcomes you might not have gone ahead?



STOP!



THINK!

WHAT WILL I GAIN FROM DOING THIS?

WHAT WILL I LOSE FROM DOING THIS?

WHAT WILL OTHERS GAIN IF I DO THIS?

WHAT WILL OTHERS LOSE IF I DO THIS?

This extra link in the chain of events need only take a matter of seconds, yet it might save you an awful lot of trouble in coming hours and days!

Have a go at filling in a simple diary (overleaf) for the coming week, aiming to keep aware of your responses and possible consequences.



STOP AND THINK DIARY

DAY AND DATE

TIME & PLACE

WHO WAS THERE

WHAT WAS HAPPENING

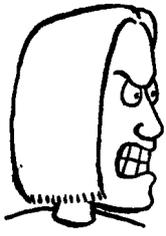
WHAT I DID

WHO GAINED WHAT?

WHO LOST WHAT?

DID I STOP AND THINK? YES/NO

WHAT MIGHT HAVE OCCURRED IF I DIDN'T STOP AND THINK? (OR, IF I DID?)



GETTING MY OWN WAY!

We all like to have our own ways at times (if not all the time!) but sometimes we don't always go about achieving this in a positive or helpful way.

If we want to convince other people about our needs and our solutions we need to:

- ➔ STOP AND THINK ABOUT WHAT EXACTLY WE WANT TO ACHIEVE
- ➔ EXPRESS OUR THOUGHTS AND FEELINGS CLEARLY
- ➔ AVOID ANTAGONISING OTHERS
- ➔ LISTEN TO THEIR OPINIONS
- ➔ MAKE SURE THAT WE DON'T LOSE OUR TEMPER
- ➔ STAY FOCUSED UPON WHAT WE WANT IN A FIRM BUT CALM MANNER
- ➔ BE AWARE OF OUR BODY LANGUAGE... KEEP IN CONTROL

If we manage to do all of these things then we could be described as being **ASSERTIVE**. How is this different from being **AGGRESSIVE**?

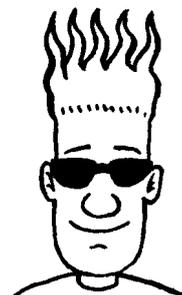
Sometimes we are the opposite of this and would be described as being **NON-ASSERTIVE**.

Can you think of a time when you have been

- 1 Aggressive? _____

- 2 Non-assertive? _____

- 3 Assertive? _____



You buy an expensive pair of jeans at a shop in town. When you get home you discover that there is a stain on one of the legs. You wanted to wear them to a party that night and the shop has closed now.

HOW WOULD YOU FEEL? WHAT ARE THE POSSIBLE RESPONSES?

1

AGGRESSIVE?

2

NON-ASSERTIVE?

3

ASSERTIVE?

You have lent your favourite computer game to one of your friends. When you eventually get it back it no longer runs on your computer. It has a virus which might have contaminated your other games.

HOW WOULD YOU FEEL? WHAT ARE THE POSSIBLE RESPONSES?

1

AGGRESSIVE?

2

NON-ASSERTIVE?

3

ASSERTIVE?

You have just finished changing after a PE lesson at school when one of the other students accuses you of having taken a purse out of her bag. You have not been anywhere near her things and have been with your friends all the time.

HOW WOULD YOU FEEL? WHAT ARE THE POSSIBLE RESPONSES?

1

AGGRESSIVE?

2

NON-ASSERTIVE?

3

ASSERTIVE?

During a French lesson a number of people in your class have been messing about. The teacher loses his patience and puts the whole class in detention after school the following day. You don't think that this is very fair and you have a long-standing arrangement to go to the cinema that evening. If you attend the detention you will be unable to get home in time to get changed and get out again.

HOW WOULD YOU FEEL? WHAT ARE THE POSSIBLE RESPONSES?

1

AGGRESSIVE?

2

NON-ASSERTIVE?

3

ASSERTIVE?
