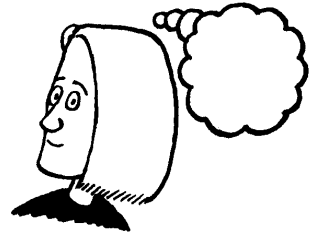


RETRACKING



This download is about some ideas about how to sort out problems. It just gives some general ideas, look at other files for more information

You should print it out or save it to disk

1

Look at it a bit at a time, and go through each page, either on your own or with a friend or adult

2

Learning to problem solve on your own can be difficult, especially if you are very upset, like sad, angry or worried.

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 do this.

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!

HOW DO I RATE?

How much control do you feel you have over various aspects of your life?
Complete the following rating scale to find out.



	<u>COMPLETELY UNDER MY CONTROL</u>			<u>COMPLETELY OUT OF MY CONTROL</u>		
1. GOING TO SCHOOL EACH DAY	1	2	3	4	5	6
2. TIME I GET UP IN THE MORNING 	1	2	3	4	5	6
3. WHAT I HAVE TO EAT	1	2	3	4	5	6
4. THE CLOTHES THAT I WEAR	1	2	3	4	5	6
5. WHAT TIME I GO TO BED	1	2	3	4	5	6
6. WHO MY FRIENDS ARE	1	2	3	4	5	6
7. MY MOODS 	1	2	3	4	5	6
8. HOW MUCH MONEY I SPEND	1	2	3	4	5	6
9. WHAT TIME I COME HOME IN THE EVENING	1	2	3	4	5	6
10. MY STATE OF HEALTH	1	2	3	4	5	6
11. WHAT OTHER PEOPLE THINK OF ME	1	2	3	4	5	6
12. MY TEMPER 	1	2	3	4	5	6



GOOD THINGS/BAD THINGS



Fill in the table below as fully as you can.

Look carefully at the completed table and answer the following questions;

1. Can you bring any of the good things more under your control?
2. Can you bring any of the bad things under your control?
3. How do you intend to make this happen?

GOOD THINGS IN MY LIFE

BAD THINGS IN MY LIFE

WHICH ARE
AS A
RESULT OF
MY OWN
ACTION

WHICH ARE A
RESULT
OF THINGS
OUTSIDE
MY CONTROL

BACK TO THE FUTURE... WHERE WILL I BE?



Ten years from now where will I be?

What will I be doing?

Who will I be with?

MORE IMPORTANTLY

..... Where would I like to be?

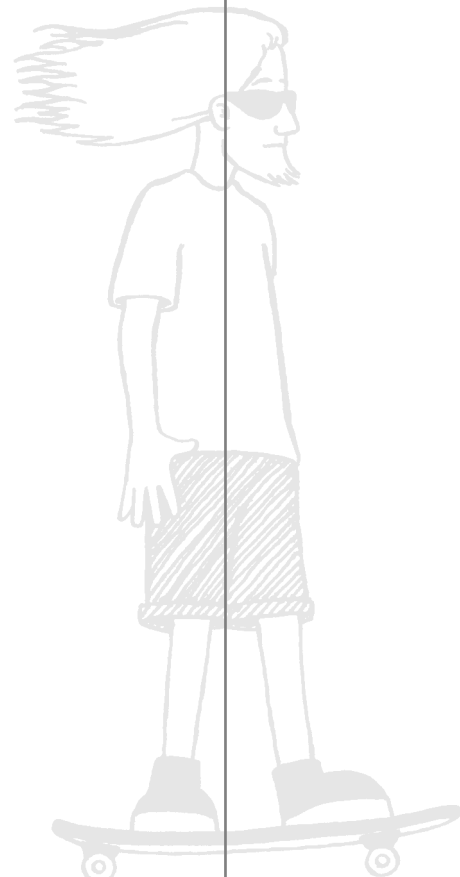
..... What would I like to be doing?

..... Who would I like to be with?

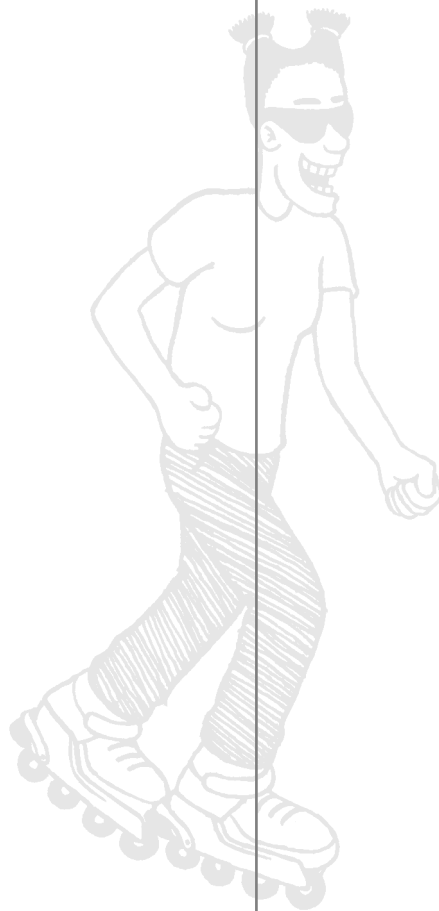
IN TEN YEARS TIME I WILL BEYEARS OLD



AREA	WILL BE	WOULD LIKE TO BE
HEIGHT		
WEIGHT		
HAIR COLOUR		
AMOUNT OF EXERCISE		
SMOKING?		
ALCOHOL?		
EATING?		
COUNTRY / TOWN OF LIVING		
TYPE OF HOME		



AREA	WILL BE	WOULD LIKE TO BE
PERSONALITY		
EDUCATION / QUALIFICATIONS		
COLLEGE / UNIVERSITY		
CAREER / JOB... PLACE / SALARY / PEOPLE PROMOTION ETC		
HUSBAND / WIFE / PARTNER		
CHILDREN		
PETS		
CAR / BIKE / OTHER		
HOBBIES / INTERESTS		
FRIENDSHIPS		
TRAVEL / HOLIDAYS		
OTHER		





ACHIEVING THE UNACHIEVABLE?



Is there a big difference between what I think "I will be" in ten years time and "what I would like to be"?

How can I set about achieving my ideal goals?

First of all try to think about the BENEFITS of achieving your goals... then the BURDENS of not achieving them

Look at the following example and then have a go at working out your own BENEFITS AND BURDENS on the following sheet.

GOAL:

★ I WILL GET MYSELF A PART TIME JOB

BENEFITS:

★ I WILL HAVE MORE MONEY FOR MYSELF

★ I WILL GET EXPERIENCE OF WORKING

★ I CAN GET A REFERENCE FOR THE FUTURE

★ MY MUM AND DAD WILL BE PLEASED WITH ME

★ I CAN GET PEOPLE PRESENTS

★ MY TIME WILL BE OCCUPIED

BURDENS:

★ I WON'T HAVE MUCH MONEY

★ I WILL HAVE TO RELY ON MUM AND DAD FOR MONEY

★ I WON'T BE USED TO WORKING

★ I WILL GET BORED AND PERHAPS GET INTO TROUBLE

★ I'LL FEEL JEALOUS OF FRIENDS WHO ARE EARNING MONEY

PLANS TO ACHIEVE MY GOAL:

★ LOOK FOR A JOB... IN THE PAPERS / SHOP WINDOWS

★ ASK FRIENDS / NEIGHBOURS FOR ADVICE / INFORMATION



GOAL: ☆

BENEFITS: ☆

☆

☆

☆

☆

☆

BURDENS: ☆

☆

☆

☆

☆

PLANS TO ACHIEVE MY GOAL:

☆

☆

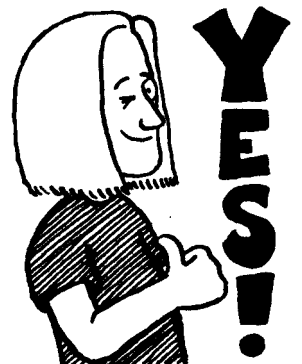
WHO CAN HELP ME:

☆

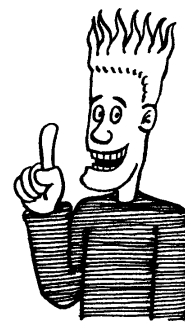
☆

☆

☆



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.

