

Powerful You!

Step 1: Identify the Problem



Write for 5 minutes everything you are thinking about.

What are you worried about?

What do you wish would be different?

What is hurting? What isn't right?

What are you struggling with?

What isn't working?

From this list, circle the **FACTS ONLY**.

Circle what you saw with your eyes or heard with your ears or could be proven as true.

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Step 2: Recognize & Change Self-Talk



The second step is to recognize what is going on in your brain and change your self-talk. How can you change the automatic thoughts around the struggle? How can you look at this problem differently? Can you see at it from another persons' eyes? Choose a phrase that will create a helpful and pleasant feeling.

I love my imperfect self - I will be okay - I can handle it - I can change - I am lovable - I am focused - Mistakes are for learning - I am brave - I am flexible - I adjust to change - Not everyone has to like me - I am successful - I stick with it - I forgive myself for making mistakes - I can do hard things - I am responsible for my day.

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Step 3: Choose the Feeling



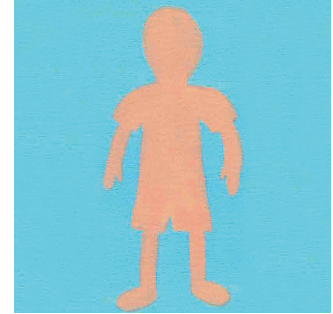
The positive self-talk that you choose creates a pleasant or sweet feeling. What feeling do you want to feel in your body?

grateful, amazed, content, peaceful, proud, trusting,
confident, forgiving, motivated, inspired, energetic, excited,
caring, loving, grounded, alert, ambitious, assertive, aware, kind,
strong, worthy, successful, unique, positive, powerful, radiant,
punctual, motivated, in-control, patient, persevering, productive,
reasonable, cooperative, focused, helpful.

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Feel it to Heal it!

Staying with a Feeling



Sometimes you need to stay with a sour feeling awhile and notice it in your body before you can move on.

No hurry. Take your time and feel the vibrations move through your body. Feel the tingles in your muscles, bones and skin.

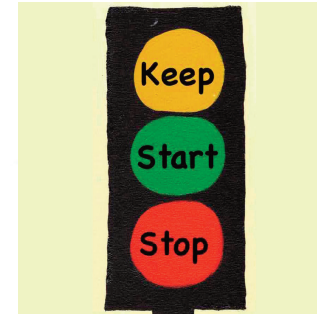
Notice your breathing change with each feeling.

Relax your body, and breathe deep into the vibrations.

What can you learn about yourself from this feeling?

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Step 4: Take Action



KEEP - WHAT ARE YOU DOING THAT IS WORKING?

START - WHAT NEW ACTIONS WILL YOU TAKE?

Smiling, being present & focused, practicing, expressing feelings, moving away from gossip, setting goals, trying new things, taking responsibility for mistakes, inviting friends, completing homework, exercising, feeling emotions, leaning into discomfort, learning from failures, helping others, giving effort.

STOP - WHAT ACTION CAN YOU GIVE UP?

trying to fix others, controlling others, giving up, judging yourself & others, procrastinating, distracting, blaming, wasting time, fighting, putting yourself & others down, screen time, social media.

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Step 5: Create a Result



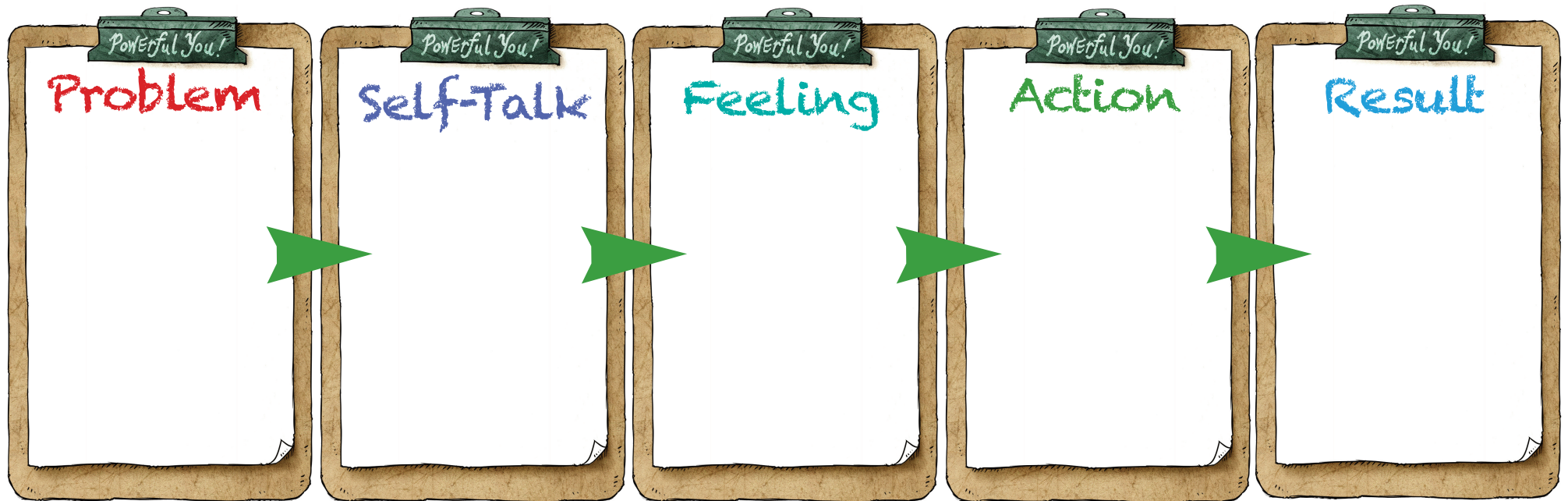
What do you plan to create in your life?
What are you curious about?
What are your dreams?
What is possible for you?

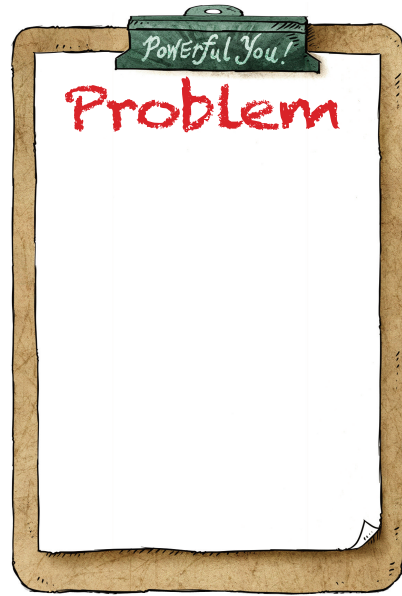
Excitement in life, good grades, honor roll, helping the world,
fun without negative consequences, solid friendships,
connection, gratitude, character, organization, college,
travel, standing up for something, health.

MOVING FORWARD

..... 5 Step

Problem Solving Chart





STAYING STUCK
THOUGHT LOOP