

Make a Plan!

FAMILY MEMBERS READ THIS Your son or daughter is learning how emotions can affect people's thoughts and actions. In addition, they are learning how understanding their emotions can help them deal positively with difficult situations. You can help your adolescent with this activity.



Spend a few minutes talking with your family about an issue you or someone you know has been struggling with. It might be about family, friends, or school. Also write down how long this has been a struggle. Write about this situation on the lines provided below. Use a separate piece of paper if you need additional space.

Write about the emotions that occur in this situation that you find are difficult (i.e., sadness, anger, hurt, anxiety, fear).

What are some common thoughts and feelings that show up when you think about this situation? What emotions do you experience when you think these thoughts? It may be one thought or several thoughts that reoccur. How have you acted on these thoughts, feelings, and emotions?