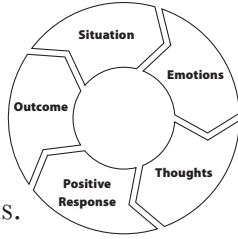


Let's do this!

Review the diagram with your parents or other family members to explain the connection between events, thoughts, emotions, and actions.



FAMILY MEMBERS READ THIS Your son or daughter is learning how they can respond more positively to negative situations. After all, we can't control what other people do or say, we can only control how we respond. Have your child explain the process they've been using to identify their emotions and turn a negative into a positive.



CHANGING BAD TO GOOD

Then using the process below have a parent or family member think of a situation that involved both of you, that caused you to react negatively (perhaps a recent argument). Complete the steps together so that they can see how you can respond positively to a negative situation and learn from it. If they would like they can complete the steps from their point-of-view.

Identify your emotions.



Identify the thoughts you are having that is causing you to respond this way.



Decide what you can and cannot change.



Choose a positive way to react.



Think of something positive you can learn from the situation.