

SWINGS AND ROUNDABOUTS

Sometimes we're "up" and sometimes we're "down" ... that's life!

Think about your average day and record your mood swings from the moment that you wake in the morning and the time that you eventually go to sleep at night.

List the high and low points which occur during your day, at the appropriate times.

Draw a curving line to join these points, e.g.



WAKE



SLEEP



LOWS

SIGNIFICANT EVENTS



NORMAL

WAKE



HIGHS

SIGNIFICANT EVENTS

SLEEP



I'M JUST USELESS AT EVERYTHING... THERE'S NO POINT IN TRYING.

IT'S EVERYBODY ELSE'S FAULT, NOBODY UNDERSTANDS
ME SO WHY SHOULD I BOTHER?

SCHOOL IS A WASTE OF TIME... I'LL NEVER ACHIEVE ANYTHING THERE.

I'VE JUST BEEN BORN WITH THIS AWFUL TEMPER,
THERE'S NOTHING THAT I CAN DO ABOUT IT.

I'VE ALWAYS HAD PROBLEMS WITH MY READING AND SPELLING...
THEY ALL THINK THAT I'M STUPID.

NOBODY CARE ABOUT WHAT HAPPENS TO ME.

I'LL NEVER GET WHAT I WANT OUT OF LIFE.

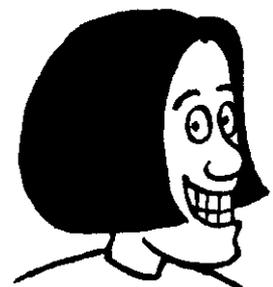
I JUST DON'T SEEM TO BE ABLE TO MAKE OTHER PEOPLE LISTEN TO ME.

NONE OF MY TEACHERS WANT TO HELP ME...
THEY ALWAYS TAKE ME THE WRONG WAY.

- ... are these some of the thoughts that go through your head?
- ... do you really think that your situation is totally hopeless?
- ... would you like some help to change things for the better?

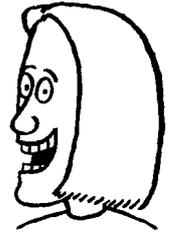
IN SECTION 3 LET'S MOVE ON TOGETHER AND DISCOVER
SOME WAYS OF THINKING AND LIVING MORE POSITIVELY.

TURN THE PAGE FOR SOME
**POSITIVE THOUGHTS AND
CHALLENGES**





LET'S THINK POSITIVE!!!



I'M NOT PERFECT... BUT WHO IS? WE'VE ALL GOT OUR STRENGTHS AND OUR WEAKNESSES.

WE ALL MAKE MISTAKES SOMETIMES, BUT WE CAN LEARN THROUGH THEM AND NOT LET THEM HAPPEN AGAIN.

THERE'S LOTS OF THINGS THAT I AM GOOD AT.

I'M NOT VERY SKILLFUL AT SOME OF THE THINGS THAT I DO BUT I CAN PRACTICE THEM AND GET BETTER.

I HAVE MY OWN IDEAS AND OPINIONS BUT I AM NOT VERY GOOD AT EXPRESSING THEM YET... I WILL GET BETTER.

LOTS OF PEOPLE CARE ABOUT ME AND WANT TO HELP ME.

I CAN MAKE CHOICES ABOUT WHAT HAPPENS TO ME.

I CAN MAKE SENSIBLE PLANS FOR THE FUTURE AND ACHIEVE WHAT I WANT IN LIFE.

EDUCATION HAS AN AWFUL LOT TO OFFER, BOTH AT SCHOOL AND AT COLLEGE... I CAN TAKE WHAT I LIKE FROM IT AND CHANGE MY LIFE FOR THE BETTER.

...come on then, let's get going... moving forward to a positive future where you are in control...

