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B. **Dealing with Myself**

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WHAT DO YOU SEE WHEN YOU PICTURE A POSITIVE FUTURE FOR YOURSELF?

Family/Friends?  
Living situation?  
Job/Career?  
Health/Appearance?  

What do you need to do to have this kind of future?

P = Part  
L = Leads to

TCU Guide Maps/Dealing with Myself
WHAT PROBLEMS ARE YOU HAVING?

1. Health
2. Decision Making, Thinking
3. Social Relationships
4. Emotions, Motivation,
5. Beliefs, Morals

WHAT THINGS MIGHT HELP?

P = Part

TCU Guide Maps/ Dealing with Myself
This is how I can keep from being bored!

Things I can do.

Ways I can think.

P = Part
These are the things that led me to feel the way I do.

This is how I would describe my attitude about ____________________________:

This is how having this attitude influences me and my actions.

This is what I would do to make my attitude more negative.

This is what I would do to make my attitude more positive.

This is how having a more negative attitude would influence me and my actions.

This is how having a more positive attitude would influence me and my actions.

L = Leads to
Co = comment

TCU Guide Maps/ Dealing with Myself
There are some activities that I could get into that would make me feel good......

**OUTDOOR ACTIVITIES**
(hiking/walking, bird watching, photography, camping, fishing, hunting)

This is what I would have to do to get it to happen.

**SPORTS, EXERCISE, & GAMES**
(bowling, aerobics, soccer, karate, weight lifting, video games)

This is what I would have to do to get it to happen.

**SOCIAL ACTIVITIES & PERFORMING**
(dancing, singing in a choir, volunteer work, spending time with friends)

This is what I would have to do to get it to happen.

**BUILDING AND CREATING THINGS**
(models, furniture, sewing, poetry, paintings)

This is what I would have to do to get it to happen.

**COLLECTING THINGS**
(stamps, coins, china)

This is what I would have to do to get it to happen.

**LEARNING NEW THINGS**
(reading, movies, courses)

This is what I would have to do to get it to happen.
WHAT ARE YOU LIKE (or would you be like) AS A PARENT?

What are your good qualities as a parent?

What are your bad qualities as a parent?

How could you be a better parent?

C = Characteristic
N = Next
This is a **useful idea or insight** that came to me during the last week.

These are some ways I might use this idea or insight in my life.
How can you use your strengths to improve your life?

What are your strengths?

Motivation and Emotions

Social Relationships

Learning, Problem Solving, Decision Making

Ethics, Morals, Beliefs

Job/Career?

Physical, Health, Appearance

P = Part  L = Lead to

TCU Guide Maps/Dealing with Myself
This is something about the way I lead my life that I would like to change.

These are some things I would have to do to make this change.

This is how treatment might help me make this change.

L = Leads to
N = Next

TCU Guide Maps/Dealing with Myself
If I could MAGICALLY CHANGE things about myself, this is what I would do.

I would make these changes in how I deal with other people.

I would make these changes in how I think and feel about myself.

I would make these changes in how I handle my moods and feelings.

I would make these changes in my personal habits.

P = Part
Prior Change Map

This is one way that I changed for the better during the last 5 years.

This is why I changed.

This is what I did to help myself change.

These are some things I learned about making changes in myself.

P = Part