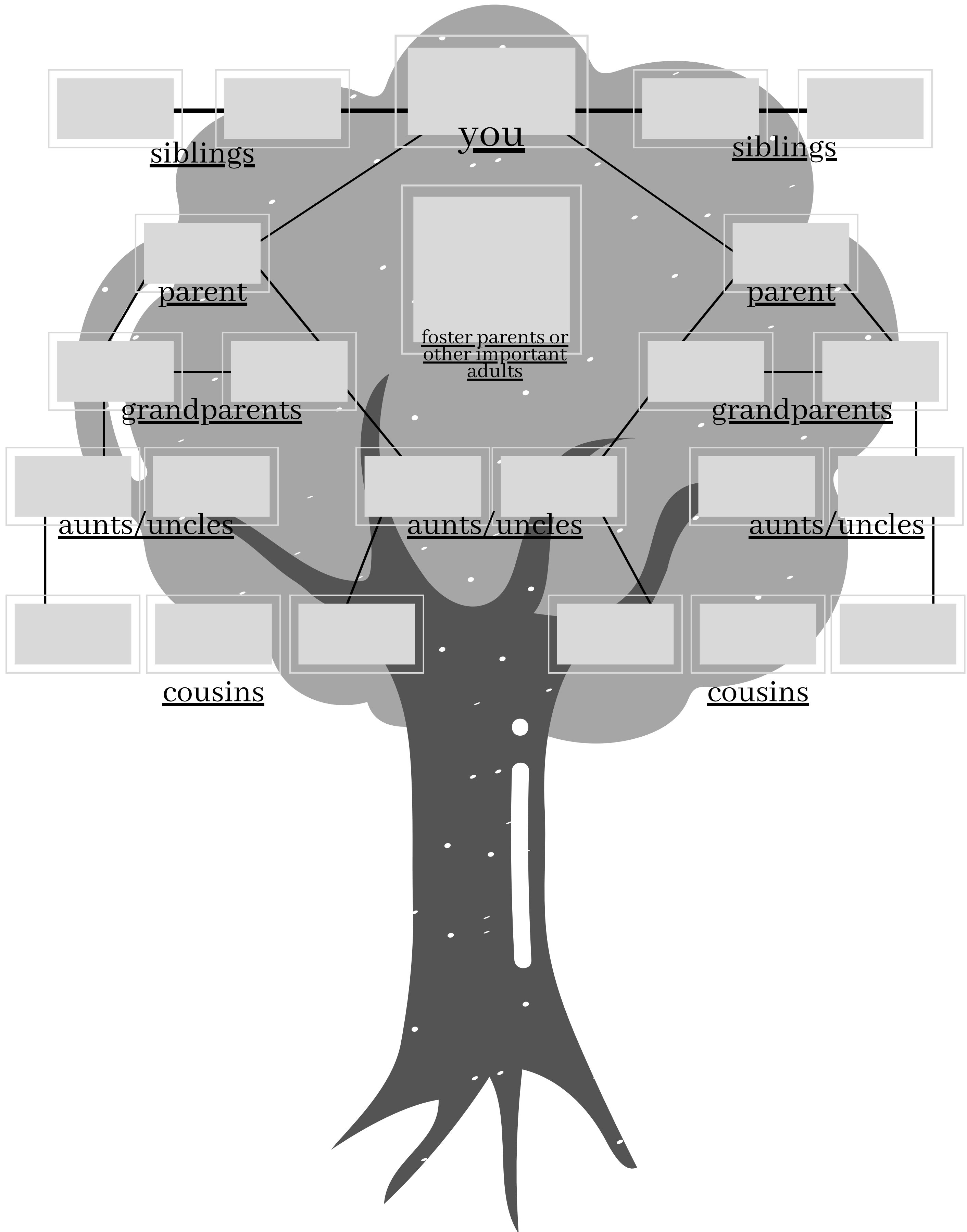
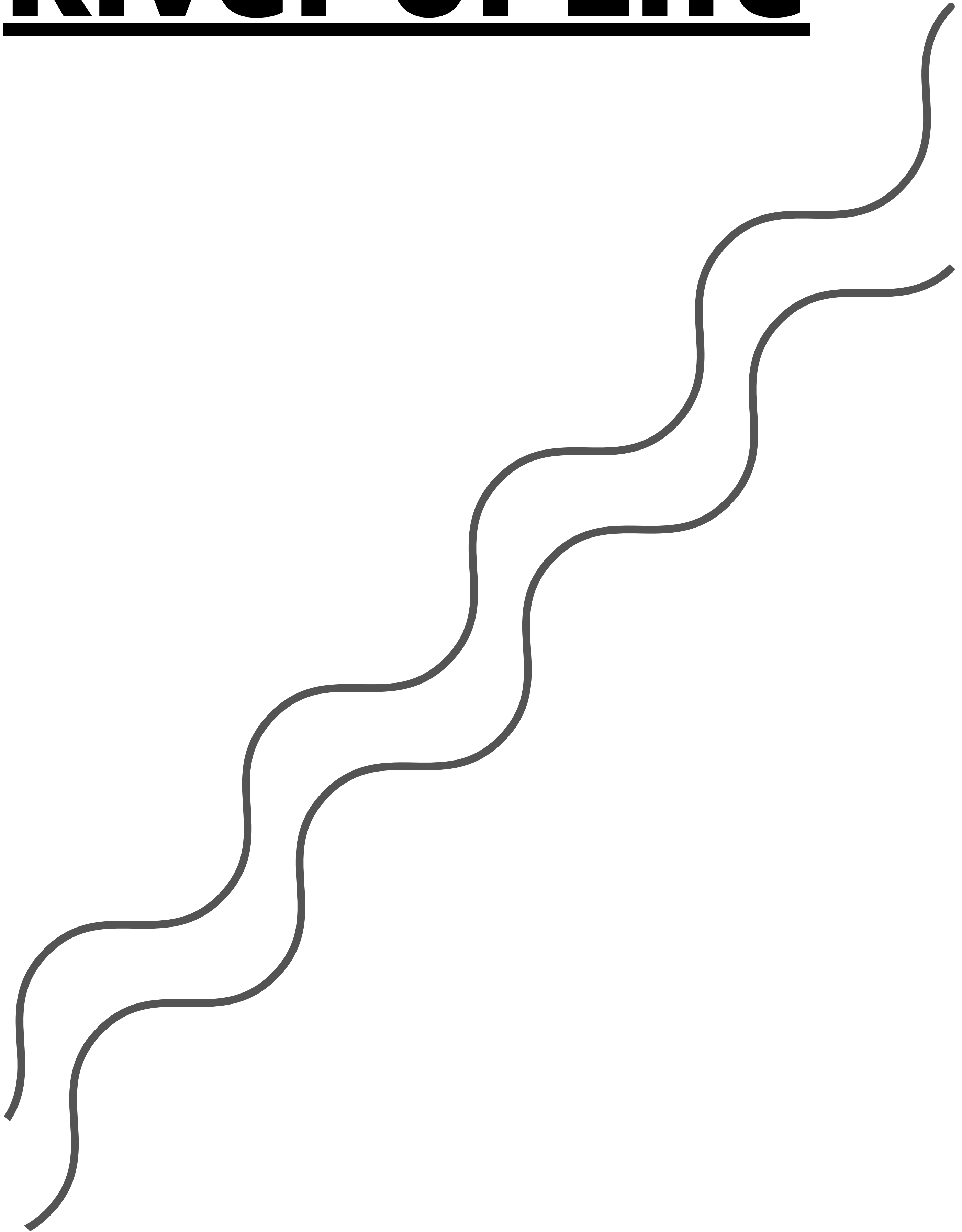


# My Family Tree



# River of Life



# Sentence Completion Exercise

Take a minute and think back to your childhood. Then complete these sentences:

I would never want my child to feel \_\_\_\_\_ like I did.

I would never want my child to see \_\_\_\_\_ like I had to.

I would never want my child to be \_\_\_\_\_ like I was.

I would never want my child to think that I didn't \_\_\_\_\_ them.

I would never want my child to grow up without \_\_\_\_\_.

I would never want my child to have to \_\_\_\_\_.

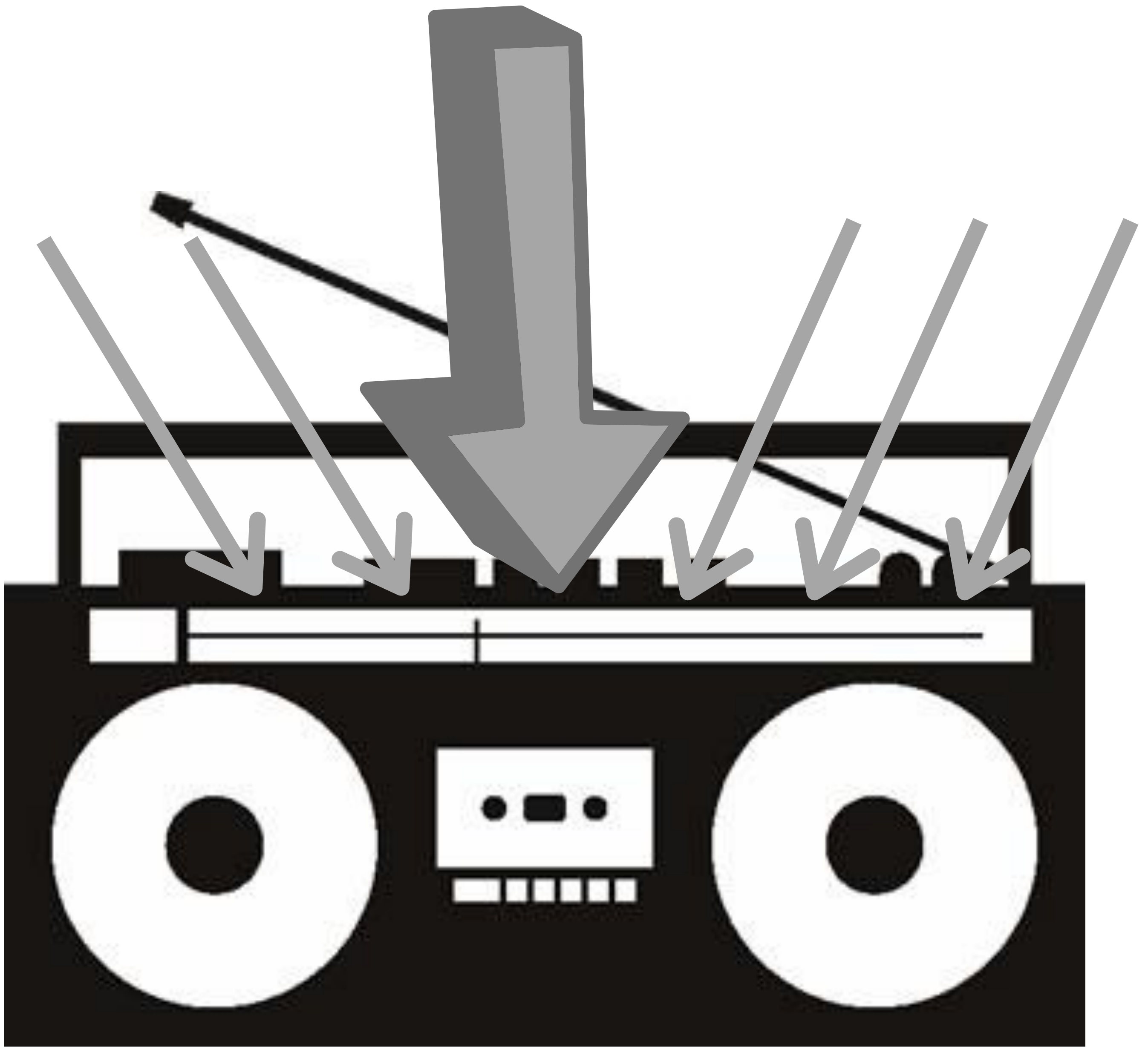
I never want to \_\_\_\_\_ my child.

I want my child to grow up feeling \_\_\_\_\_.

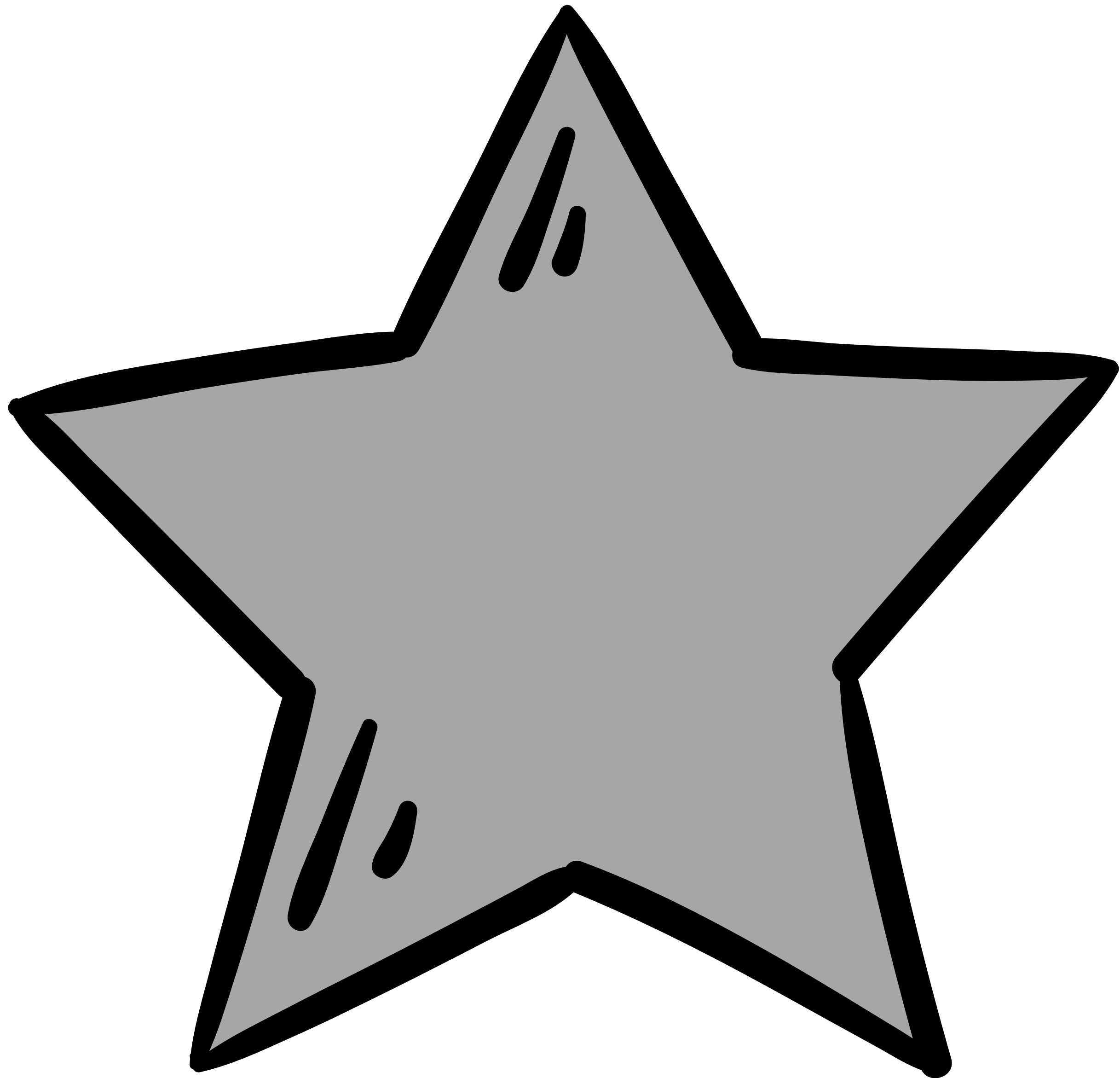
I want my child to have \_\_\_\_\_.

# Tuning In

Core Self



# My Self Star



One **Cool Thought** that reminds me of who I  
*really* am:

# My Risk-Taking History

- 1) Do you take bigger risks when you are with your friends or alone?
- 2) Do you feel like you get dragged into high-risk situations that you don't really want to be in? Name a time this happened.
- 3) Are you usually under the influence (high, drunk, using) before you take a risk? Or after?
- 4) What has been your riskiest behavior so far? What were (or what could have been) the consequences?
- 5) Name a time you've avoided getting involved in high-risk behavior?
- 6) Do you see yourself as a risk-taker or as someone who is just in the wrong place at the wrong time?
- 7) What have been the most serious consequences for your high-risk behavior?
- 8) Name one reason to quit taking negative risks.

# What I'm Grateful For

Three things I am grateful for in my life right now:

1)

2)

3)

Something that costs no money that I am grateful for is:

Something that I never really appreciated or was thankful for until today is:

An experience that I've had that I'm grateful for:

Relationships I am grateful for:

