

My Unique Instruction Manual

Every person experiences emotional needs, one of which is to be respected and heard by others. Here's a chance to provide the people in your life with a mini "Instruction Manual" that communicates exactly how YOU would like to be treated. Think about what you need and fill in the sheet below.

Instruction For: _____

On a day-to-day basis, I'd like you to try to:

1.

2.

3.

When you see that I am upset about something, please try to:

1.

2.

3.

When you say _____ to me,

I feel _____

Because _____

In the future, when we _____

I'd prefer if you try your best to _____

Rather than _____

Because _____

Other important things I need to tell you are: _____

Reflection:

In your instruction manual, you attempted to help others understand how you would like to be treated. How did it feel to outline the “TLC” (Tender Loving Care) you need? Who will be most inclined to listen to what you have to say and learn some new behaviors that might improve your relationship? Would reading your instruction manual regularly, adding to it as needed, and sharing it with important people in your life allow you to get the support that you need?

THE HEALTHY THINKING TEAM



Positive Penelope: (positive self talk)

Penelope tries to pay attention to the good things that are happening in her life. She thinks that she should acknowledge the things she is thankful for. She tries to ignore and avoid the negative people around her. When she got a new bike and it wasn't the color she wanted, she told herself to be happy that she got the bike she wanted and to not worry about the color.



Caring Christina: (thinking of others, compassion empathy)

Christina likes to think of others and help them feel good. She notices when her friends or family are upset and does her best to support them. When she found her friend Jane crying in the bathroom, she asked Jane what was going on and told her everything would be okay.



Coping Corey: (using coping skills/relaxation)

Corey makes sure he takes time to relax and use his coping skills every day. He spends his free time doing enjoyable activities such as writing poetry, listening to music, painting, stretching and taking long baths. When Corey was nervous about his final exams he made sure to take deep breaths and told himself to "calm down".



Accepting Alice: (accepting limitations, forgiveness for flaws)

Alice does not call people names...Even herself! If she makes a mistake, she tries to come up with a solution to fix it. She reminds herself that nobody is perfect and moves on. She tries her best not to badmouth others, even when they make her mad or hurt her feelings.



Affect Alfred: (affect regulation)

Alfred is able to identify and express his emotions. When he starts to feel angry he tells his friends, family, teacher or counselor and uses his facial expressions, voice tone and volume to express his feelings. When he was being bullied at school, he talked to the school counselor. He learned how to respond to the bullies and talked to Coping Corey about how to calm himself down when this happens in the future.

THE HEALTHY THINKING TEAM



Motivated Molly: (goal oriented and driven)

Molly doesn't just "talk the talk" she "walks the walk". She does what she says she's going to do. She identifies the small steps she needs to take to reach her goals and then takes them. When she said she was going to get a summer job, she searched for jobs online and in person, filled out many applications and went on several interviews. She got a summer job working at an ice cream shop.



Responsible Raymond: (taking responsibility)

Raymond is able to take responsibility for his problems and behaviors. When he does something wrong he is thoughtful and apologizes for his wrongdoings. When Raymond was caught stealing from a local store, he admitted to it and accepted the consequences for his actions. He learned his lesson and did not steal again.



Pro and Con Ron: (considering options, making thoughtful decisions)

When Ron has to make a decision, he takes time to think about the positive and negative consequences of his options before making a choice. When his teacher was disrespectful to him, Ron thought about what might happen if he was disrespectful back and chose to follow her directions and not talk back.



Self Esteem Sarah: (positive self regard)

Sarah reminds herself of her positive qualities and strengths on a regular basis. When someone puts her down or she starts to feel bad about herself, she tells herself not to worry because she is a strong, funny, smart and caring girl. She remembers all the positive things that her parents, friends and other caring adults have said about her.



Imagine
my
safe place.



YOU ARE LOVED

YOU ARE
HERE

SAFE
YOU ARE

YOU ARE
WORTHY