

What I want to be

Before we look at learning new coping strategies, it can be helpful to reflect on what kind of person we want to be and what kind of person we do not want to be.

Look at the words below and fit them under the two categories in the table.

Sad	Mean	Angry	Polite	Rude
Upset	Excited	Motivated	Kind	Jealous
Нарру	Naughty	Punished	Rewarded	Friendly
Smiling	Crying	Shouting	Worried	Hard working
Frustrated	Shy	Fearful	Grumpy	Relaxed
Loved	Glad	Calm	Proud	Cheerful
Ashamed	Lonely	Quiet	Sorry	Confident
	Badly behaved	Hurt	Nervous	

What I don't want to be	What I want to be



Can you think of a time when you acted in a way that you didn't want to?
Can you think of a time when you acted in a way that you didn't want to?
What would you do differently?
winds would you do differently.
Can you think of a time when you behaved in a way that you were proud of?
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What changes could you make to be more like how you want to be?
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