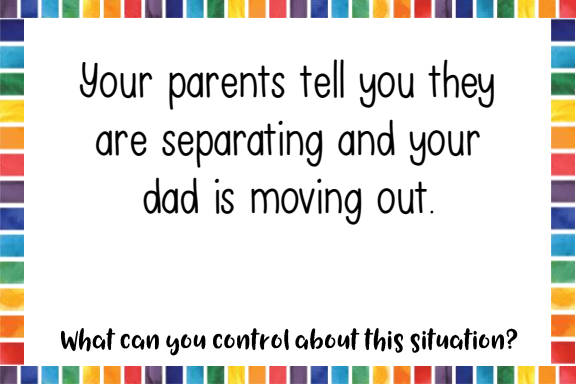



Your mom gets a new job,
and you have to move to a
new state.

What can you control about this situation?



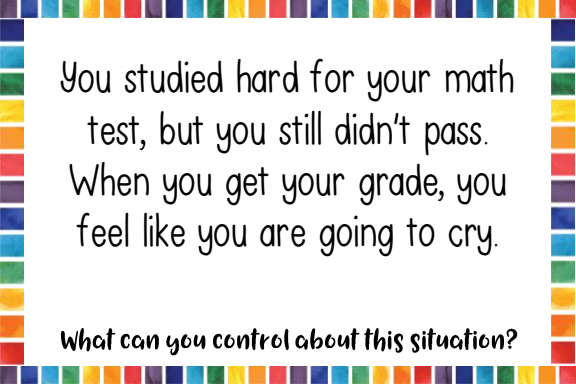
Your parents tell you they
are separating and your
dad is moving out.

What can you control about this situation?



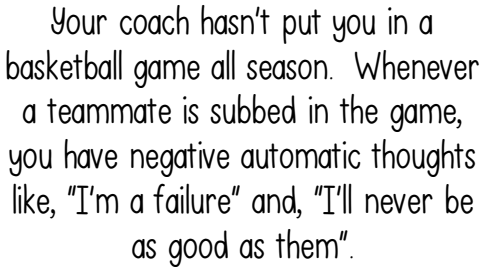
Your friend tells you her family is going on vacation this summer and invites you to come with her. Your parents say no.

What can you control about this situation?



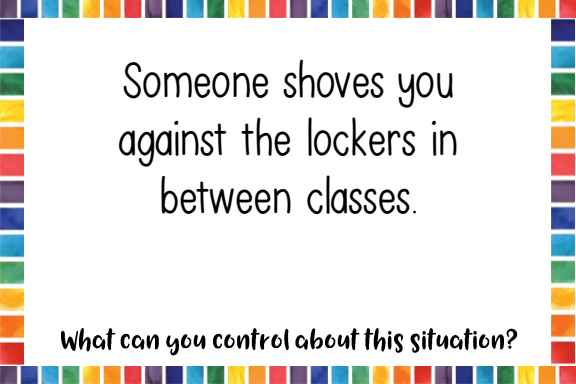
You studied hard for your math test, but you still didn't pass. When you get your grade, you feel like you are going to cry.

What can you control about this situation?



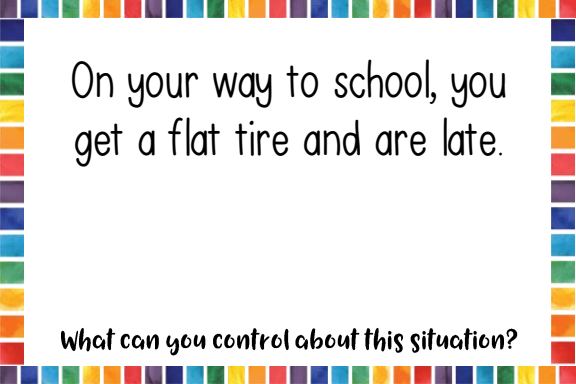
Your coach hasn't put you in a basketball game all season. Whenever a teammate is subbed in the game, you have negative automatic thoughts like, "I'm a failure" and, "I'll never be as good as them".

What can you control about this situation?



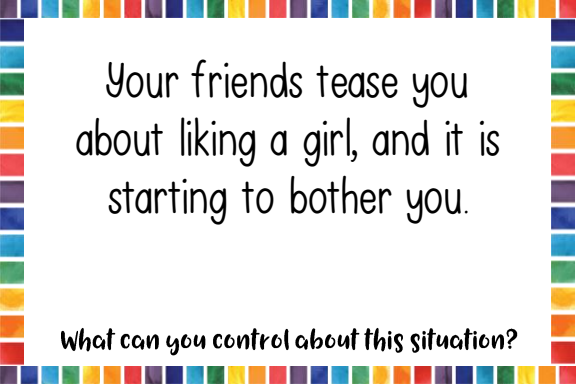
Someone shoves you
against the lockers in
between classes.

What can you control about this situation?



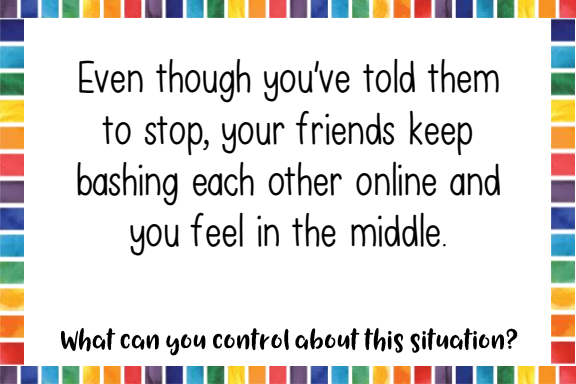
On your way to school, you
get a flat tire and are late.

What can you control about this situation?




Your friends tease you
about liking a girl, and it is
starting to bother you.

What can you control about this situation?



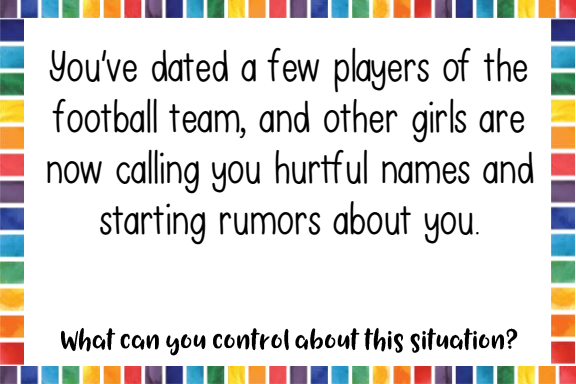
Even though you've told them
to stop, your friends keep
bashing each other online and
you feel in the middle.

What can you control about this situation?




One of your friends has recently started smoking. You have asked them to stop, but they continue to smoke.

What can you control about this situation?



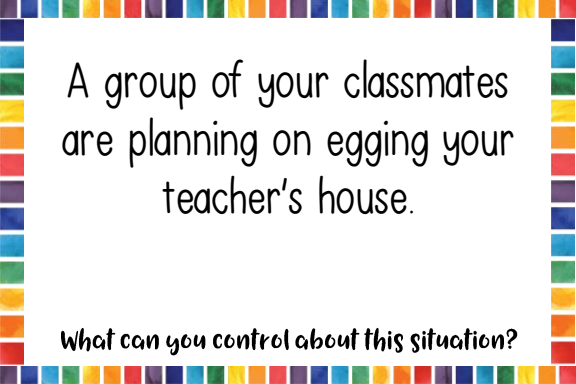
You've dated a few players of the football team, and other girls are now calling you hurtful names and starting rumors about you.

What can you control about this situation?



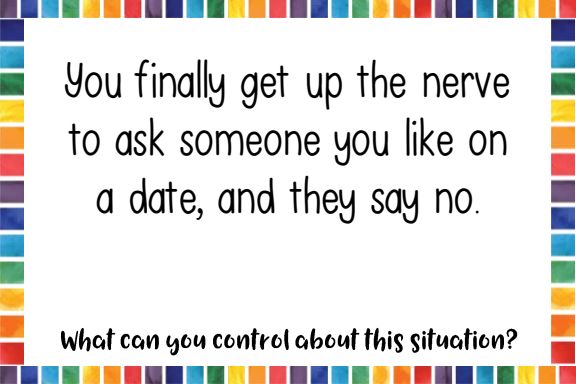
Your sister recently went through a bad breakup and is now drinking a lot.

What can you control about this situation?



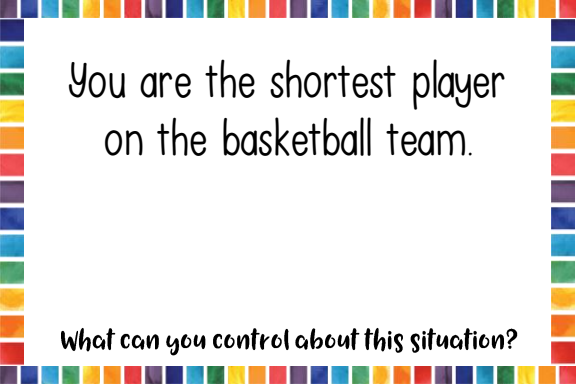
A group of your classmates
are planning on egging your
teacher's house.

What can you control about this situation?




You finally get up the nerve
to ask someone you like on
a date, and they say no.

What can you control about this situation?



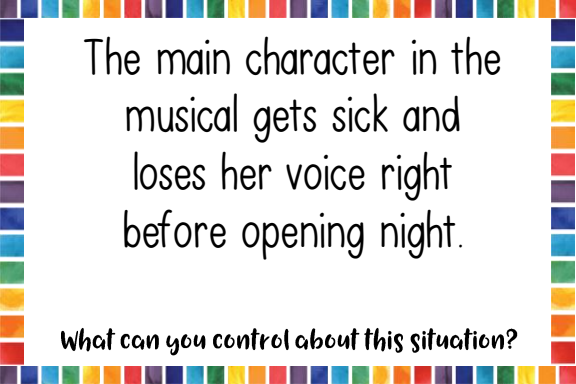
You are the shortest player
on the basketball team.

What can you control about this situation?



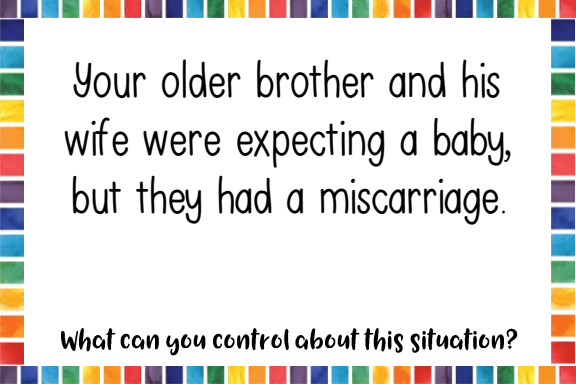
Your friends are having a
New Year's Eve party, but a
blizzard happens that day
and you can't go.

What can you control about this situation?



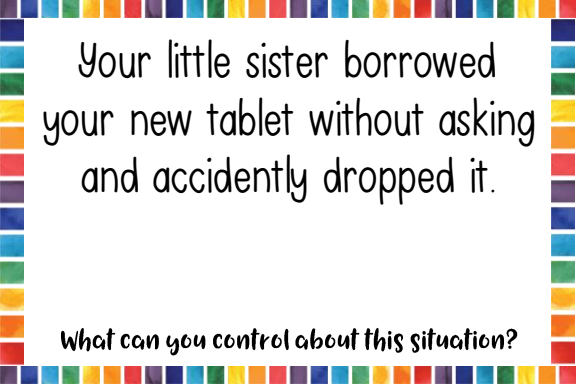
The main character in the musical gets sick and loses her voice right before opening night.

What can you control about this situation?



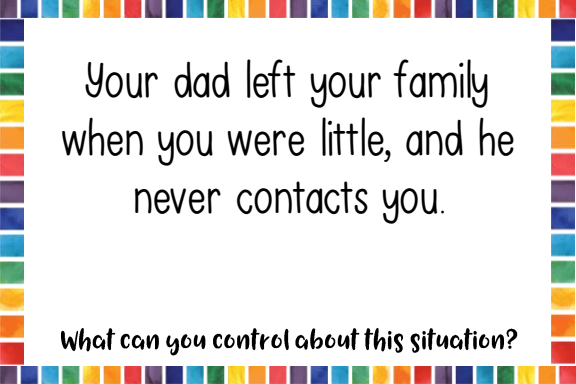
Your older brother and his wife were expecting a baby, but they had a miscarriage.

What can you control about this situation?



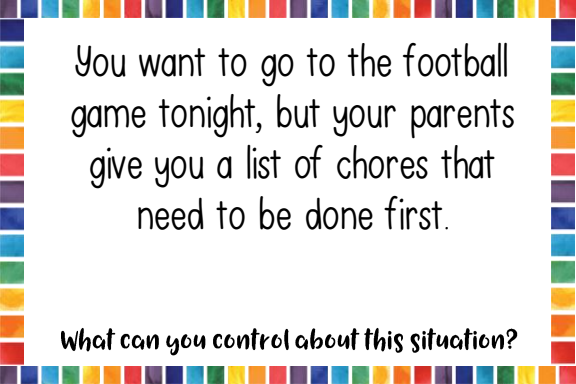
Your little sister borrowed
your new tablet without asking
and accidentally dropped it.

What can you control about this situation?



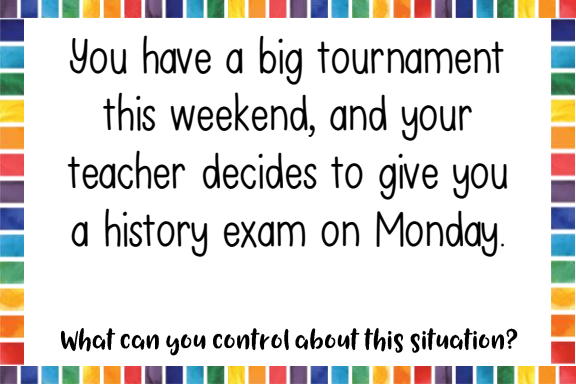
Your dad left your family
when you were little, and he
never contacts you.

What can you control about this situation?



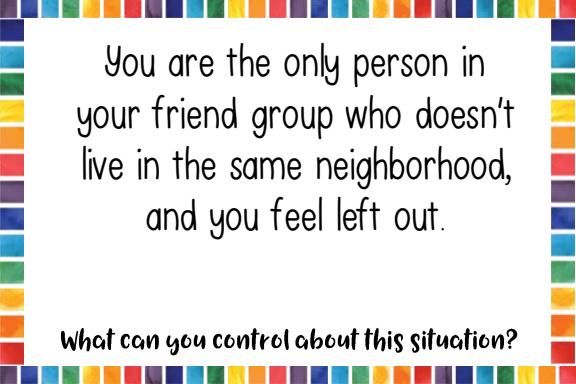
You want to go to the football game tonight, but your parents give you a list of chores that need to be done first.

What can you control about this situation?



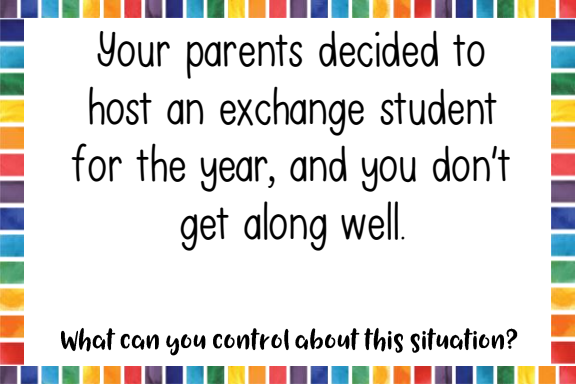
You have a big tournament
this weekend, and your
teacher decides to give you
a history exam on Monday.

What can you control about this situation?



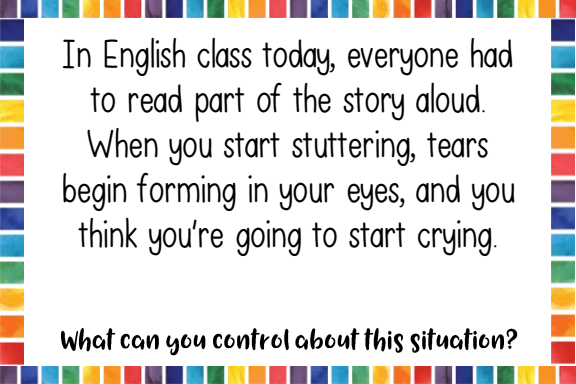
You are the only person in
your friend group who doesn't
live in the same neighborhood,
and you feel left out.

What can you control about this situation?



Your parents decided to host an exchange student for the year, and you don't get along well.

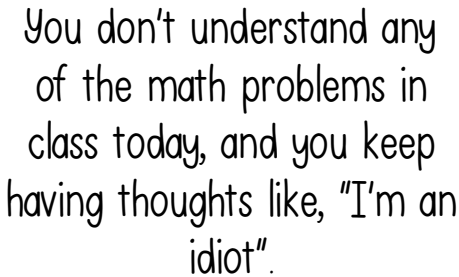
What can you control about this situation?



In English class today, everyone had to read part of the story aloud.

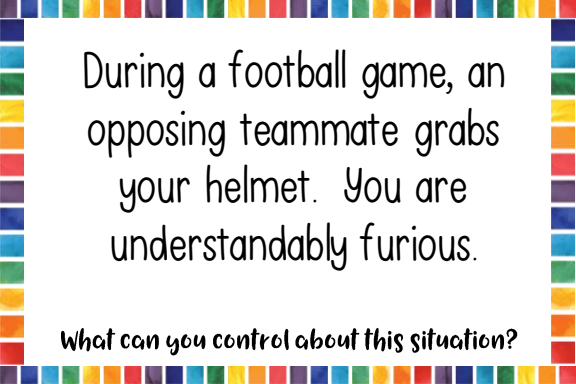
When you start stuttering, tears begin forming in your eyes, and you think you're going to start crying.

What can you control about this situation?



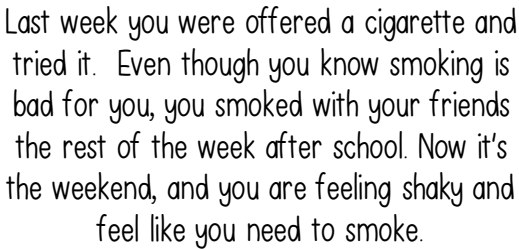
You don't understand any of the math problems in class today, and you keep having thoughts like, "I'm an idiot".

What can you control about this situation?



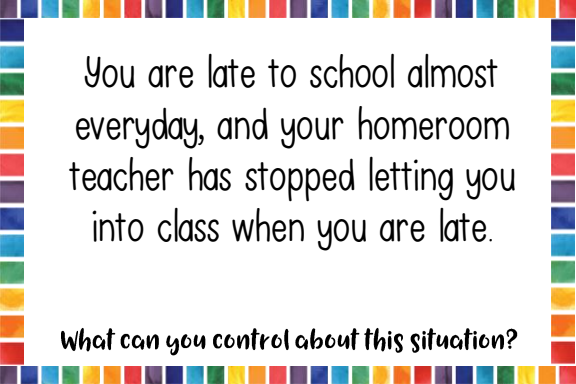
During a football game, an opposing teammate grabs your helmet. You are understandably furious.

What can you control about this situation?




Last week you were offered a cigarette and tried it. Even though you know smoking is bad for you, you smoked with your friends the rest of the week after school. Now it's the weekend, and you are feeling shaky and feel like you need to smoke.

What can you control about this situation?



You are late to school almost everyday, and your homeroom teacher has stopped letting you into class when you are late.

What can you control about this situation?



Your family loves sports and expects you to be in one every season, but you would rather be in the play instead.

What can you control about this situation?