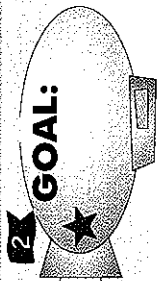


The "Reality" Ride



2x **GOAL:**
What choices will give me...

- Opportunity
- Freedom
- Self Respect

9x **What will my "Reality" be when I ride here?**

At Home:
At School:
With Peers:
In Future:

5x **Things That Get Me In Trouble . . .**

4x **My Challenges...**
Home:
School:
Peers:

Easy - Fast

7x **"Harder But Worth It"**

What Problems Do I Keep Having Over And Over?

8x **You Know You're In The Loop If You Feel**

- Frustrated
- Confused
- Angry
- Scared
- You keep getting the same results

Start Ride Over



What Would Motivate Me To Ride Here?

Who Can Support Me?

More Options

No Options

Crash!



Hit The Wall!

6x **"Reality" Consequences of Crash**

Will These Things Give Me Lasting Opportunity? Freedom? Self Respect?

Lift The Weight

What Makes Me Strong?

1 Discuss picture . . . Why do I need resistance to become stronger?

2 What is expected of me?
 From Parents: (rules)
 From Society: (laws)
 For Myself: (Self Discipline)

3 What have I given up on?

4 What are three things that I put most of my Time and Effort into?
 1.
 2.
 3.

5 What are three new options you could do with your time that will make you stronger?
 1.
 2.
 3.

6 Why does this need to be your strongest muscle?

What things get me into the most trouble?

Do any of these things give you Opportunity, Freedom, and Self-Respect? → If YES Keep Lifting . . . If NO, Create a New Workout

You Can See Over The Wall

**Opportunity
Freedom
Self Respect**

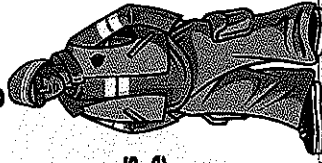
1 Why does climbing the steps and achieving this view give you endless options?

I will become . . . (My Dreams and Goals)

IMPORTANT!!!
How do you know if you're on top of the wall?

"You're helping not hurting yourself or others".

"Big View"



Why will this view give you more self respect?

If you can't see over the wall ask yourself . . . "What step am I tripping on?" (Then put Desire, Time and Effort into that step)

The Wall

Failure
Drugs
Anger
Fighting
Who Cares?
I Can't
Family Problems

Why Try?

Who is helping me deal with my challenges? Can I get more help?

Plugging In

Weight Lifter

Maze

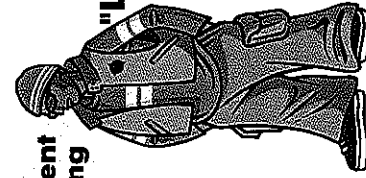
Hurdles

Crab - Pot

Defense Mech

Labels

Reality Ride



"What is your current view giving you?"

"Limited View"

Why do you often miss the simple solution?

2 If you're standing here why is Opportunity, Freedom, and Self-Respect hard to get?

Why will your motivation to change go up with each step that you climb?

Climbing Out

- 2 What is the "POT" that you are in?
 -
 -
- 3 When I get in Trouble (or in the pot) Am I keeping others in, or myself? How?
 -
 -
- 4 How do Friends (others) affect me in both Positive ways and Negative ways?
 -
 -
- 5 Who wants to see "Me" climb out? Why?
 -
 -

- 6 What are the reasons for staying "IN" the pot?
 -
 -
 -
- 7 What will my future be like if I don't get out?
 -
 -
 -
- 8 What are the reasons for getting out of the "POT"?
 -
 -
 -



1 Explain The Overall Concept

- 9 What will my future be like when I climb out?
 -
 -
 -
- 10 What are the tools I can use to get out?
 -
 -
 -

Warning: If you try to get out you will be Attacked! . . . Why?

Get Plugged In

1 Parent/Care Giver

- How much time am I spending with a parent or care giver? (If you're not spending at least 30 minutes a day then create and demand more time!)
- What is one "conflict," "argument," or "power struggle" that I can give up today that won't hurt me but will help lower my parents anxiety about me?

2 Positive Friend

- Remember - You know you have a "real" friend, when you are hanging out and they are doing things that help (not hurt) themselves or you.
- What could I do to help a friend overcome peer pressure and deal with challenges at home and at school?

3 Teacher/Counselor/School Official

- Make sure that someone at school knows the real you and what you can become with their help. Ask how they will help you reach your dreams and potential?
- Let them know what you are willing to do and work together with them - (Identify three things you're willing to do)

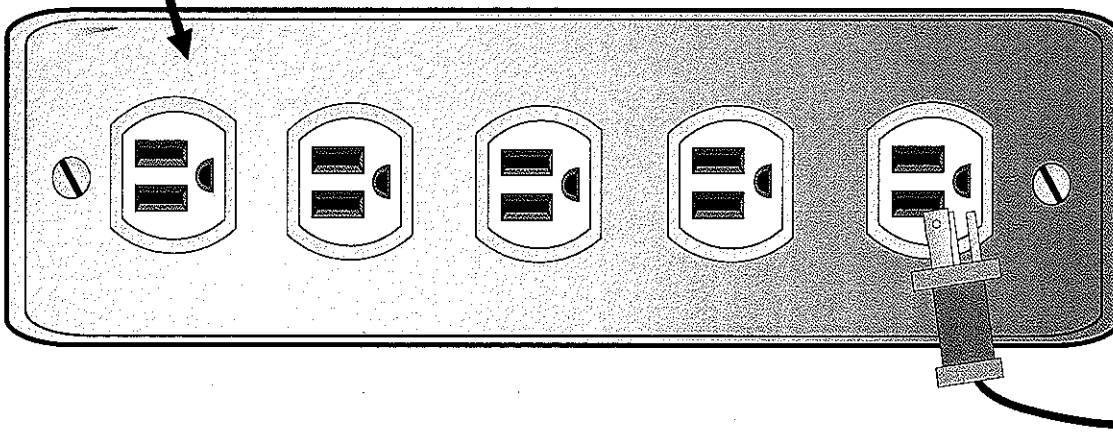
4 Positive Mentor

- Who can I identify that has accomplished goals and dreams similar to those that I want to accomplish?
- What are three things (qualities) about them that I respect and admire, that I would like to develop also?
- Take a risk - If possible ask them how they can help you achieve the same thing.

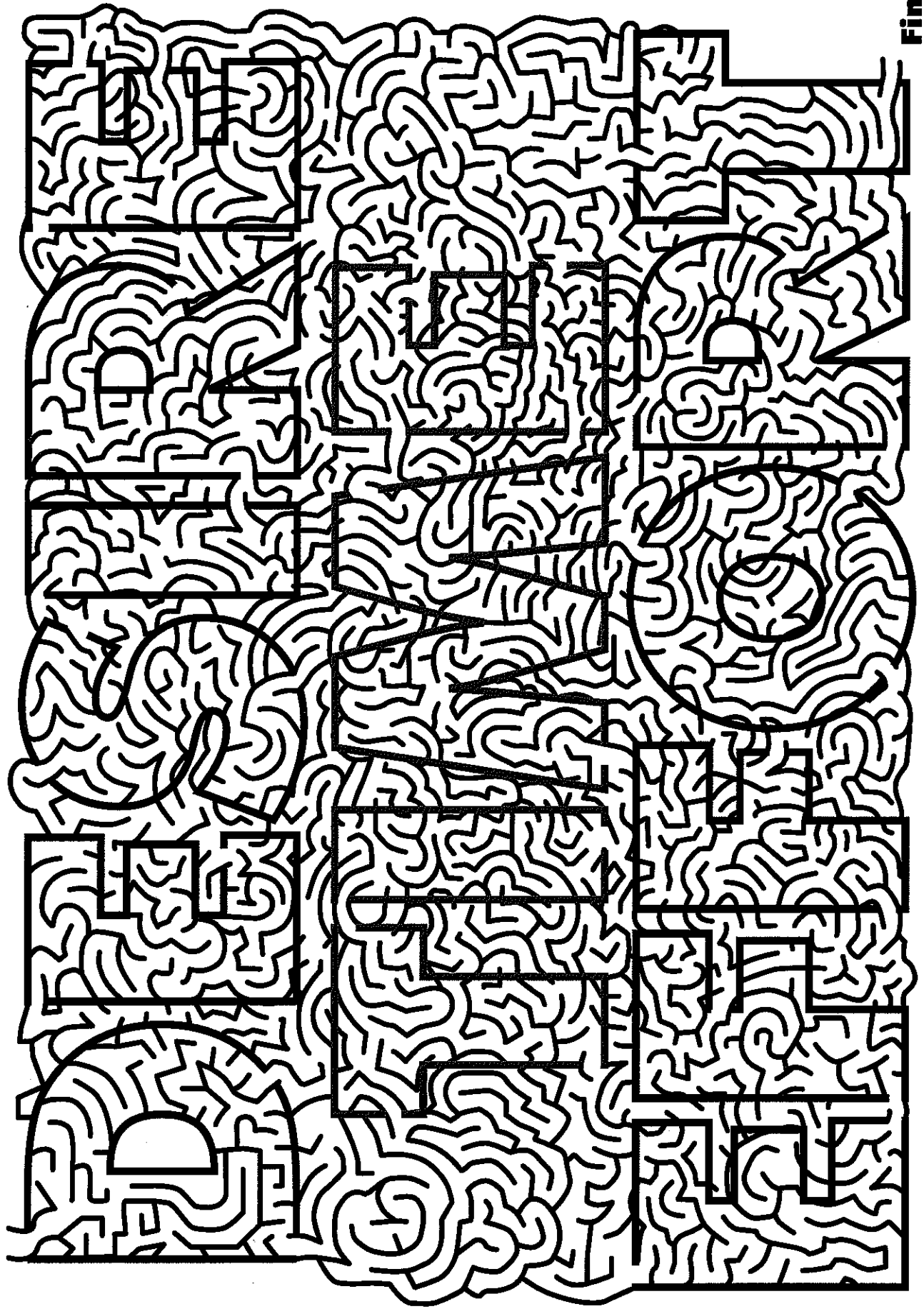
5 Something that inspires or motivates you to do good

- What motivates me to not hurt myself or others?
- What do I do with my time that's "fun," gives me self respect and doesn't get me into trouble? (How can I do more of this?)

These 5 connections will help turn on the "light" to see your future more clearly

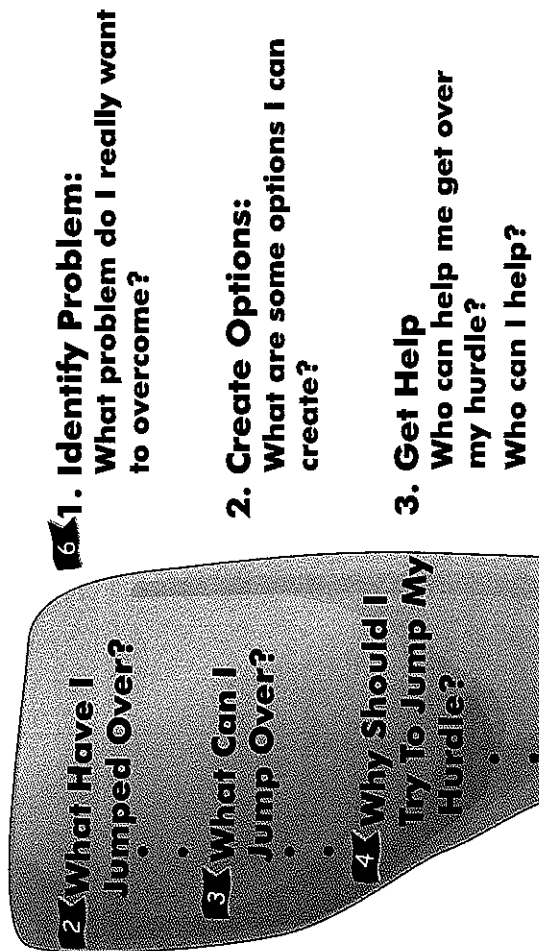


Start



Finish

Jumping Your Hurdles



1. **Identify Problem:**
What problem do I really want to overcome?
2. **Create Options:**
What are some options I can create?
3. **Get Help**
Who can help me get over my hurdle?
Who can I help?

4. **Take Action:**
What specific behaviors (actions) do I need to stop or add to jump my hurdle?

Stopped Behaviors	Added Behaviors
•	•
•	•

5. **Believe In Change:**
On a scale from one to ten, circle where you are in believing change will happen.
"I can't change" "Maybe" "I know I have the strength"
1. 2. 3. 4. 5. 6. 7. 8. 9. 10. *

6. **Jump Back Up**
If I trip how will jumping back up make me stronger?

★ My Problem:

★ What Should My "Self Talk" Be Telling Me As I Try To Jump My Hurdle?

You Only Lose If You Give Up!

Defense Mechanisms

What is a Defense Mechanism?

1. Situation How do you respond (act) when:

- Disrespected
- Yelled At
- Put Down
- Laughed At
- Mad At Parent
- Embarrassed
- Make A Mistake
- Feel Pressure
- You're Hit
- You Lose
- Confronted
- Frustrated
- Blamed
- Get Caught
- Hurt
- Angry

2. Four Steps to Control Your D.M.

1. Notice...

When you are in a pressure situation these are the signs:
You feel Angry, Frustrated, Nervous.

What outward behaviors can I use to help control the pressure?

-
-
-

2. Feeling "Identify it"... "Calm it"... "Express it Controlled!"

What are the situations I need to practice this?

-
-
-

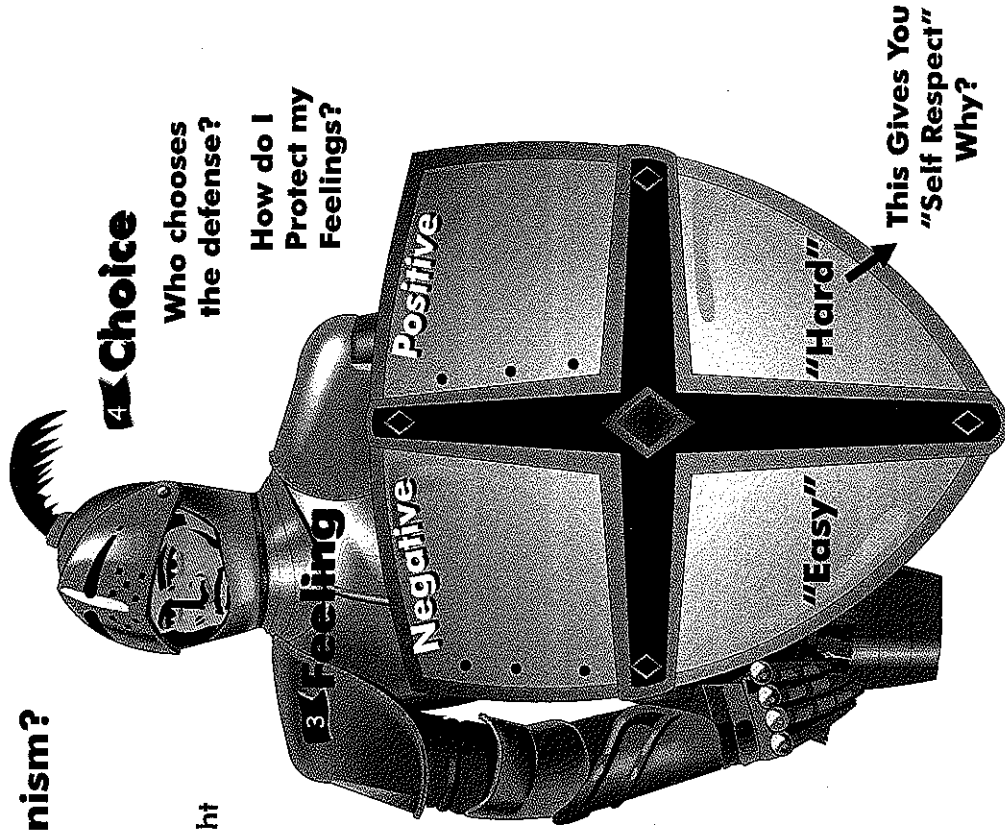
3. Don't Let other people choose (or control) how you will respond.

The signs are: someone is yelling at you, you are physically attacked, or you're put down.

What could happen when I stay in control?

4. Select a positive solution

What would motivate me to do the "tougher" (harder) thing?

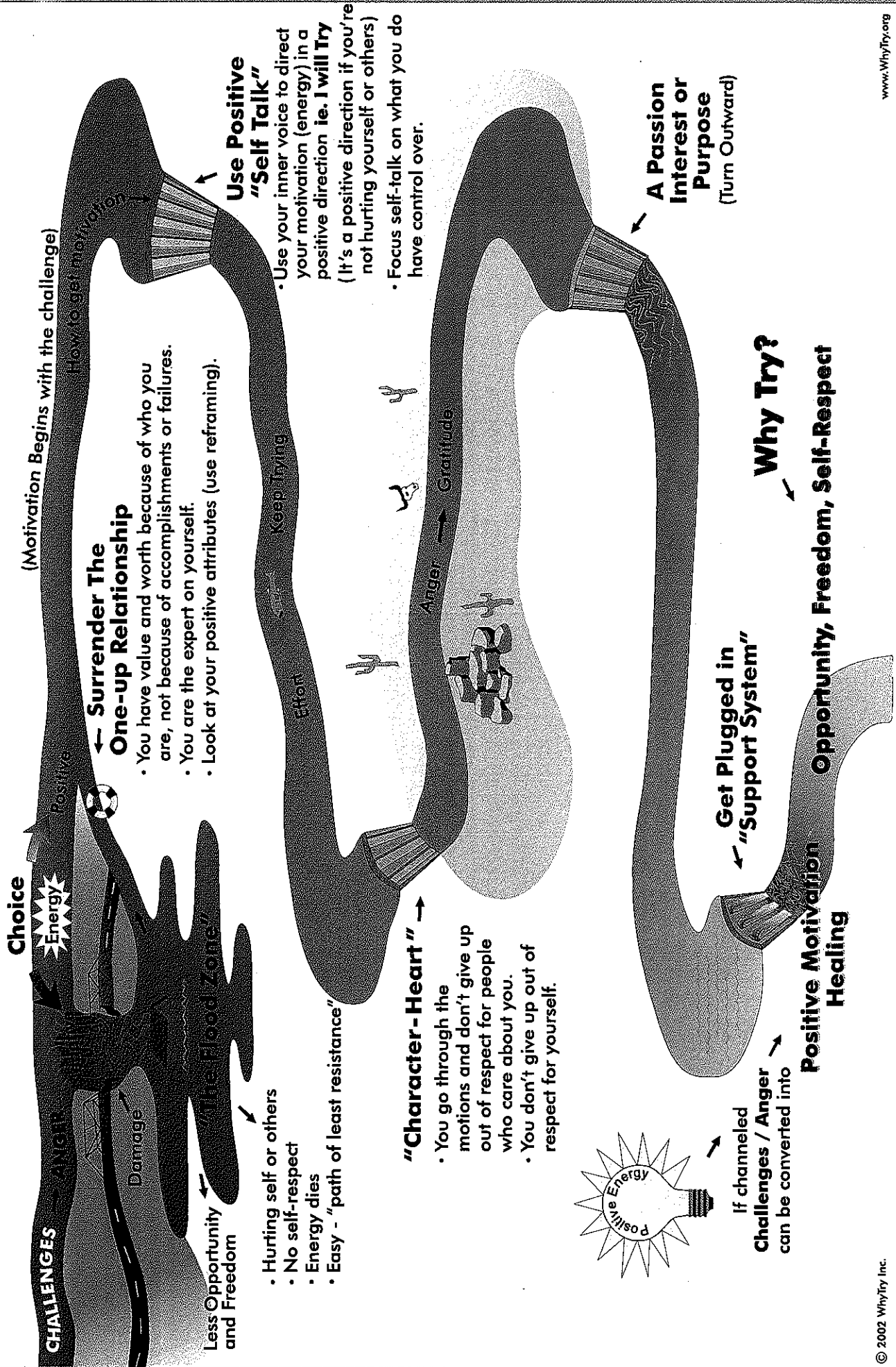


Defense

- ★ How do you know when you've selected a positive Defense Mechanism?...
- "When you are helping (not hurting) yourself and others."

The Motivation Formula

Channeling Anger and Challenges into Positive Motivation



Tearing Off Your Label

Four Steps to Tear Off Your Label:

1. Stop Living Up To Your Label. Prove Your Label Wrong!

- Believe in the real you . . . not the label
- How has living up to my label affected the past, today, future?
- When this label is off how will it effect me, family, friends, school?

2. Remember: It's EASY to Prove that your Label Is True

- Just keep doing the same things over and over.
- To tear off the label you must do something different, and use **Self Respect, Desire, Time, and Effort.**
- When I prove the label wrong why will I have more opportunity and freedom?

3. Your Label Is From The Past, Today

"YOU" Decide To Keep It Or Start. . .

"TEARING IT OFF!"

Imagine . . .

You wake up tomorrow and your label is gone, what would be different?

4. Let "The Real Me" Stand Out So Much That The Past Label Must Be Torn Off!

- What observable behaviors do I need to use more to show I am bigger and better than a label?

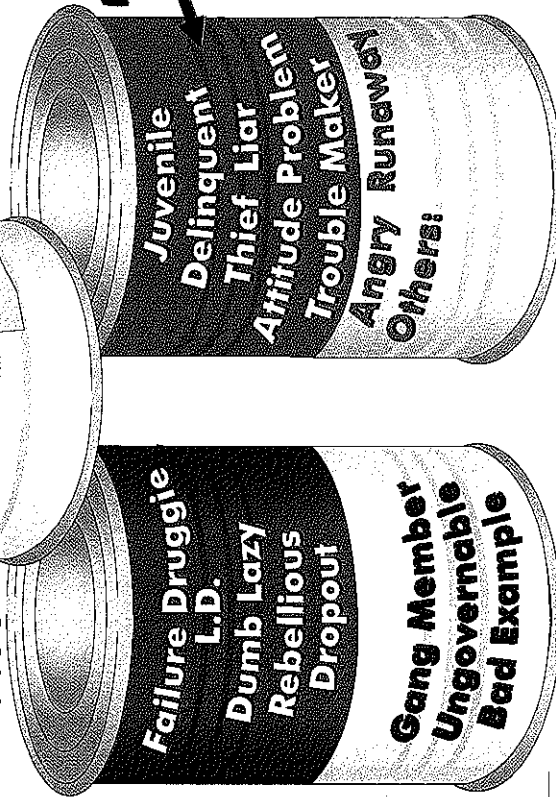
Every night ask yourself:

- What did I do today to tear off the label?
- How can I do more of this tomorrow?

"The Real Me" **3**

- What do I like about myself?
- What do others like about me?
- My accomplishments.
- My strengths, goals and dreams.
- If I had to label myself what would it be? (Must be positive)

1 Discuss Labels



2 Why Is It Easy To Give Up When You Have A Label? Are These Ever An Excuse?

How Much Do I Believe In This Label?

1 2 3 4 5 6 7 8 9 10
★

It's Staying On! Some

It's Coming Off!

"The Label Is Not The Can"