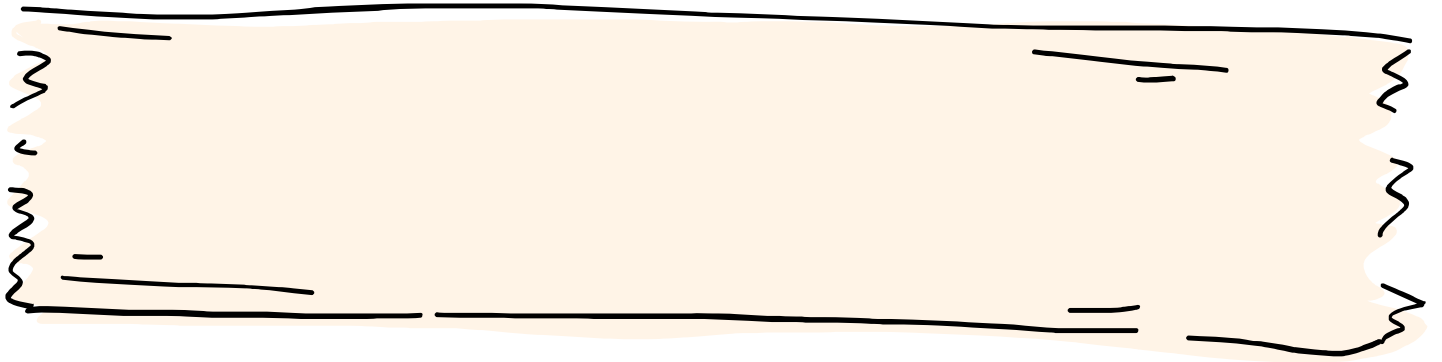
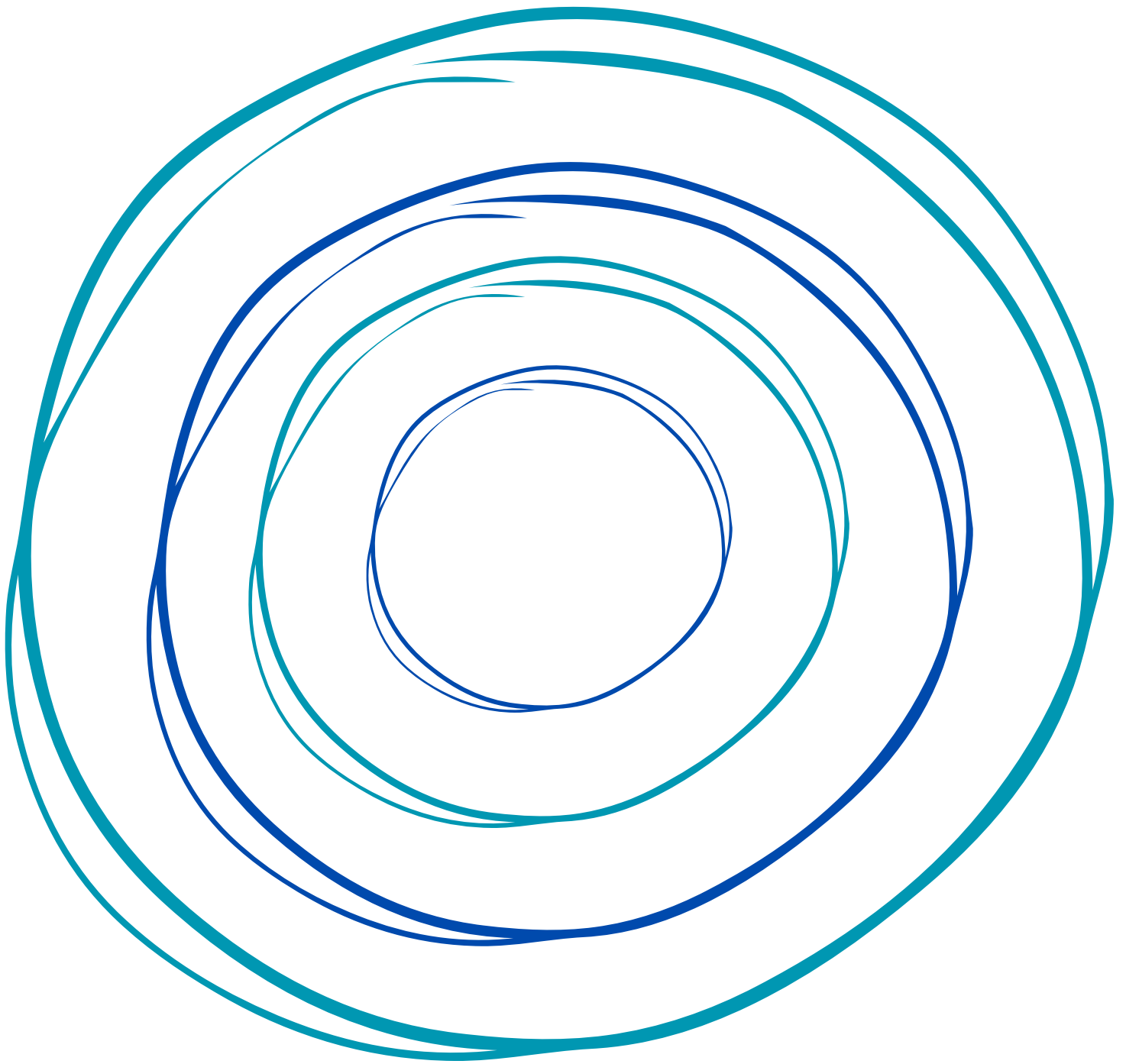


My Very Important List about

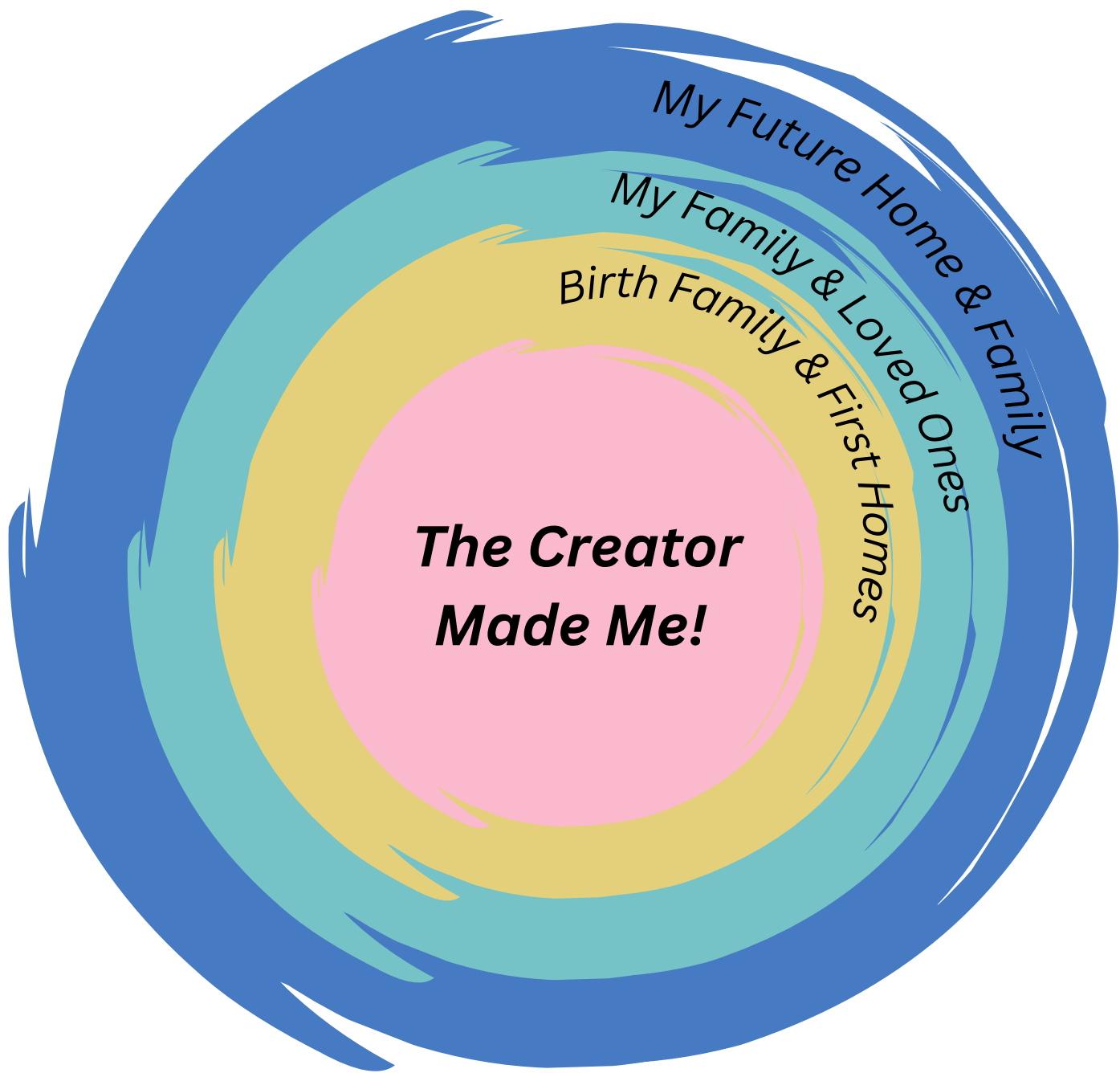


Name: _____

Date: _____

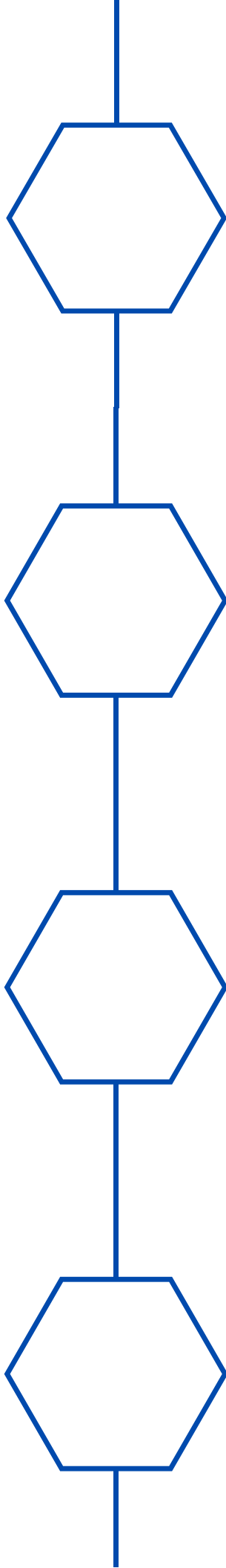


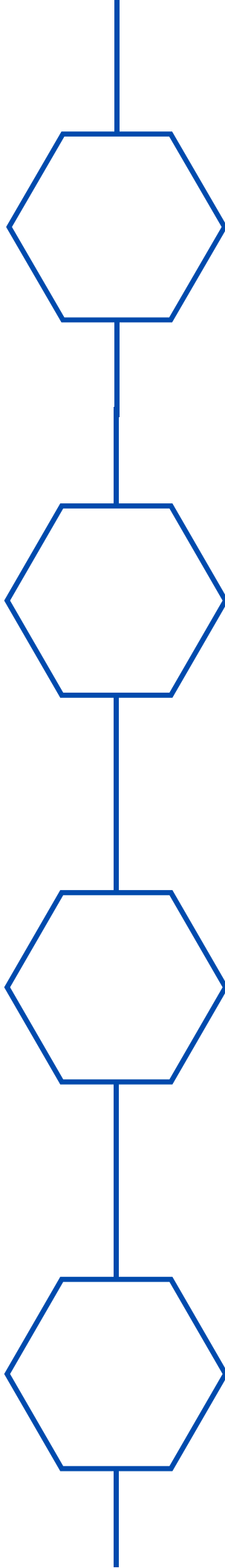
Rings of Belonging



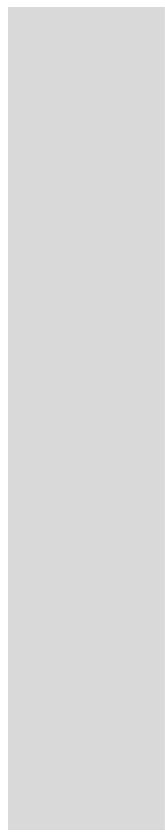
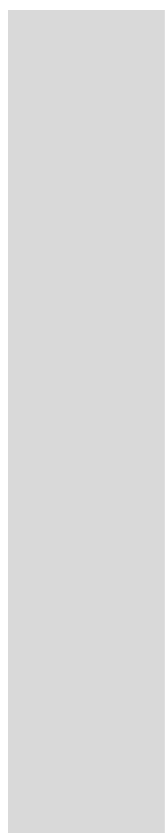
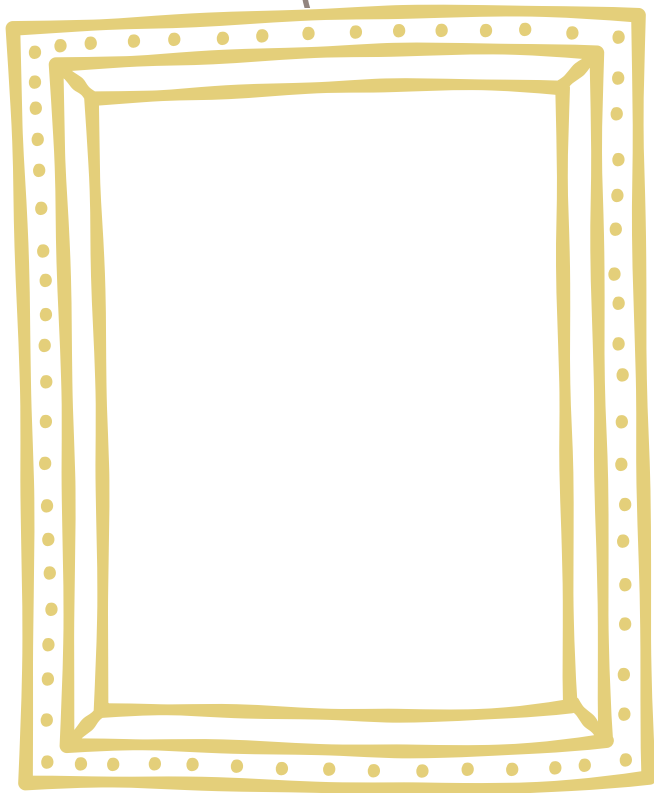
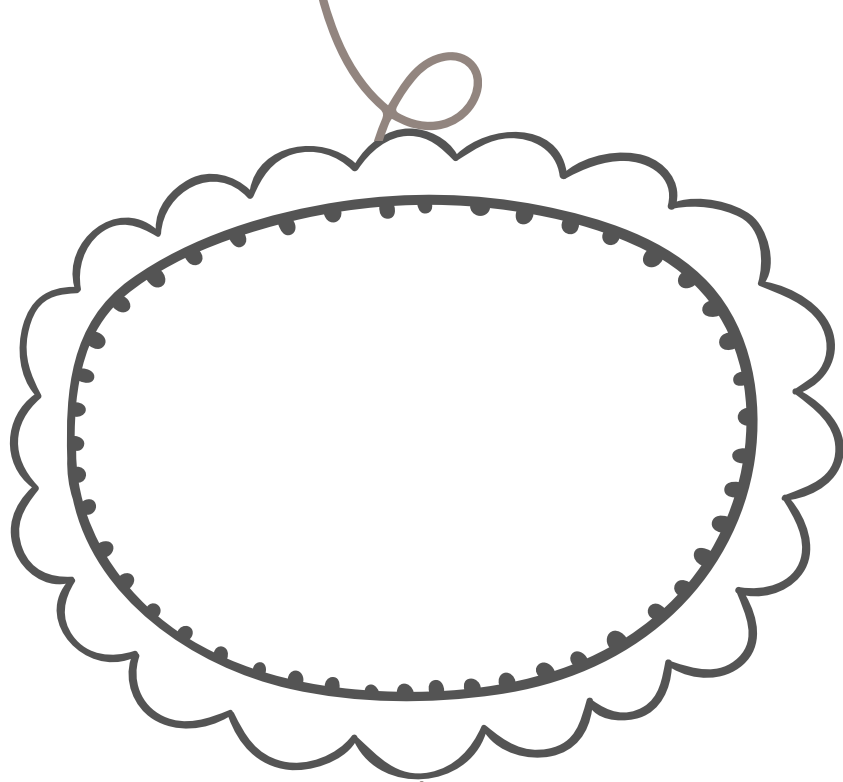
Rings of Belonging

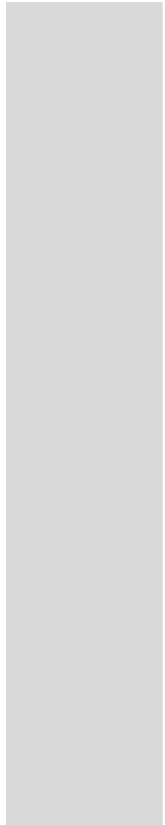
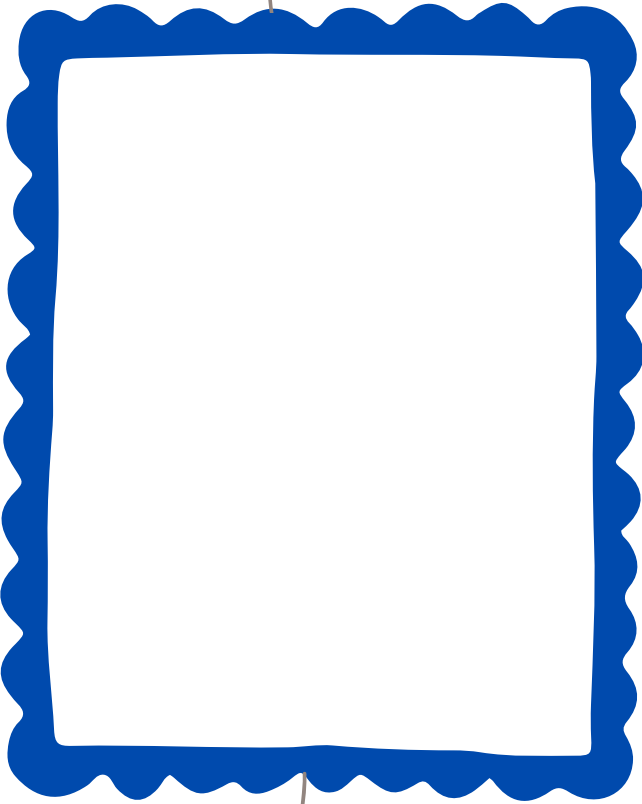
My Timeline

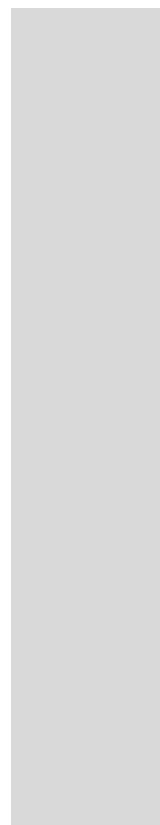
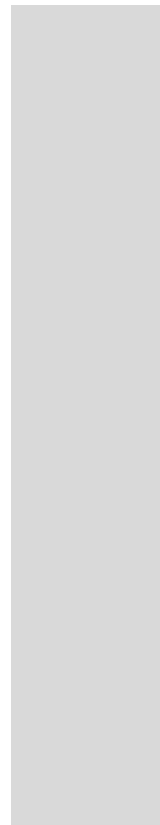
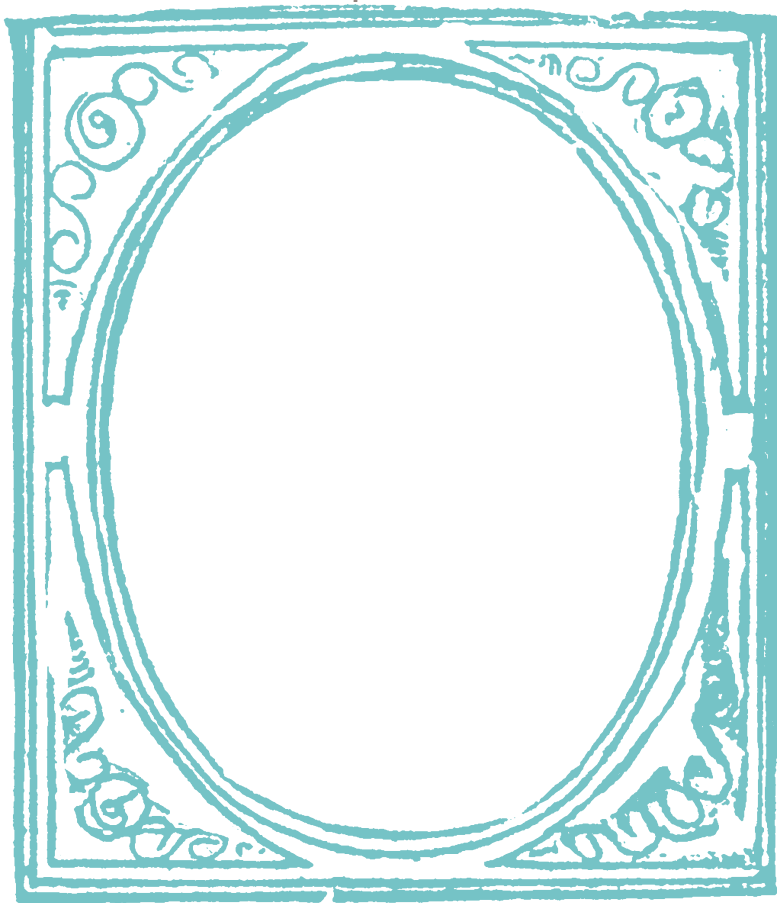
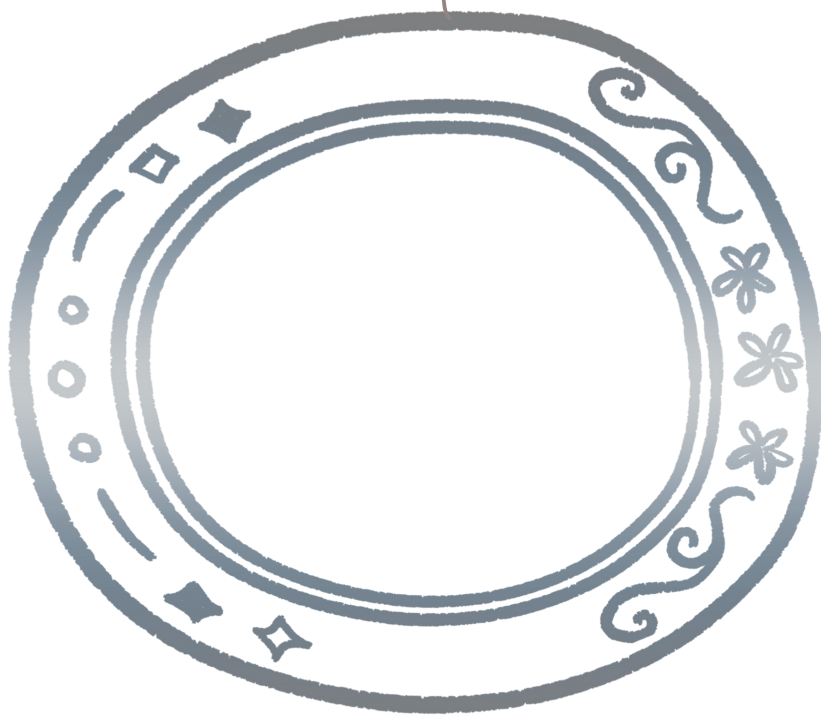




My Timeline



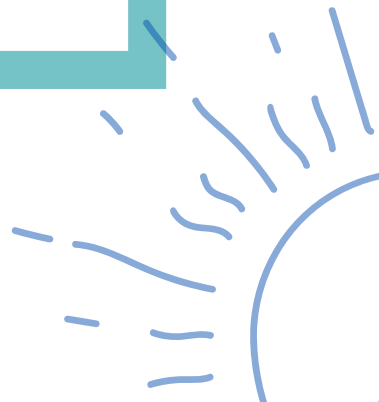




Unhealthy Way To:



Healthy Way To:



My Reward Chart

The new thought/behavior I am practicing:

I can:

(7)						
(14)						
(21)						

My reward for all ★'s: _____

My reward for all ★'s and ✓: _____

My reward for all ★'s, ✓'s, and 1 ✗'s: _____

My reward for all ★'s, ✓'s, and 2 ✗'s: _____

Name: _____

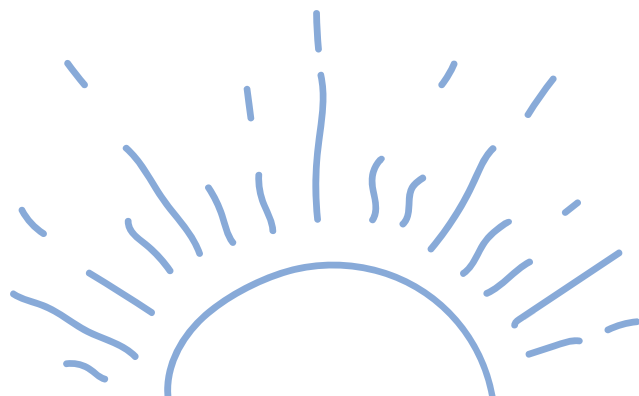
Date: _____

Practicing New Words & Behaviors Log

Date:

What We're Working On:

Notes:



Feeling Cards

ANGRY

FRUSTRATED

HAPPY

DISAPPOINTED

**IGNORED/
UNIMPORTANT**

EMBARRASSED

ANXIOUS

SCARED

UNLOVED

EXCITED

PEACEFUL

**REGRETFUL/
SORRY**

LONELY

WEARY

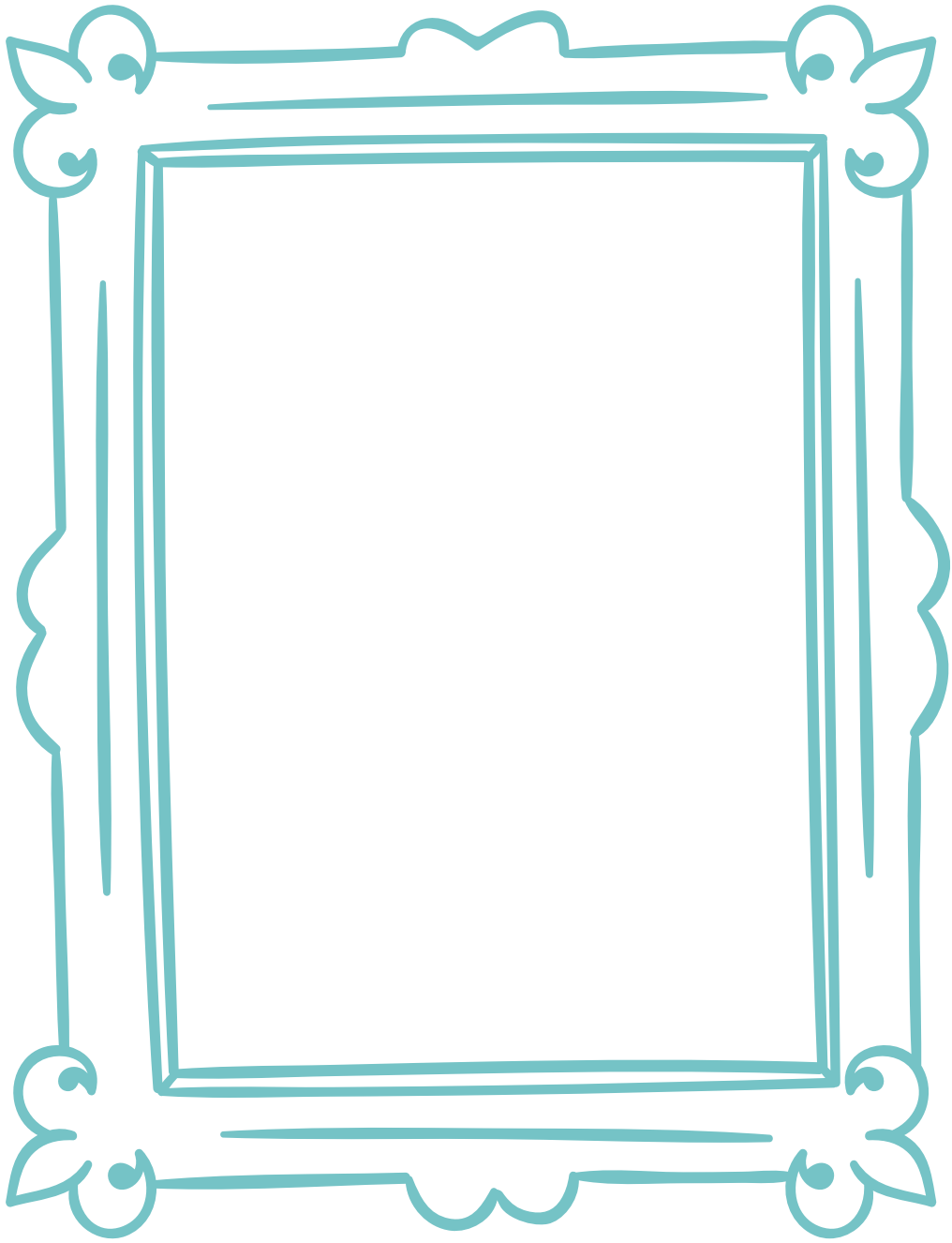
Name: _____

Date: _____

TRUTH

vs.

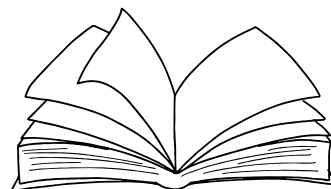
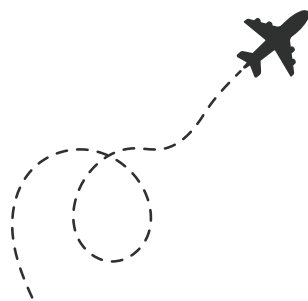
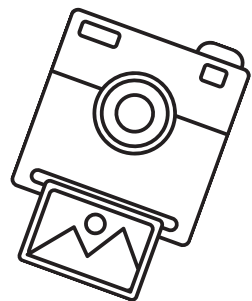
LIES



My Family:

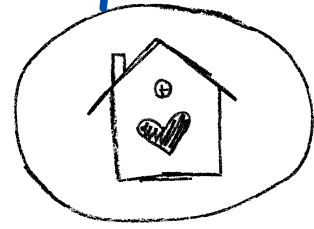
Date:

What I Want to Put in My "Honoring the Past" Box:

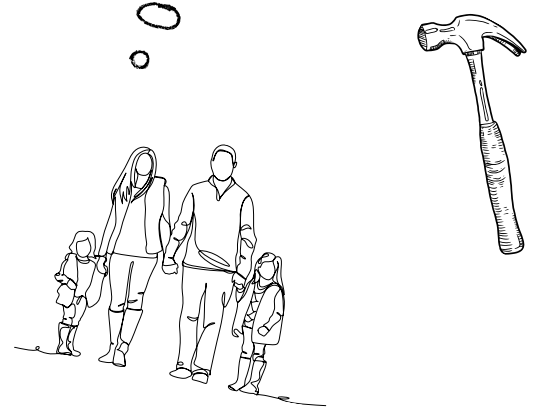


Some Ideas for My Dream Box or Scrapbook:

Pictures of...

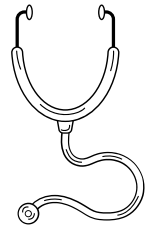


Letters from...



Where I may live...

What my job might be...



What I hope for...

What my family might be like...

