

# Self-Advocacy Workshop #4



## Problem Solving Participant Workbook

# Real Choices Project

This workbook is for you to use and take home. Write down or draw what you learn. There is a page for each activity we do. You can write down words or draw a picture of what you want to remember.

Share this workbook with a friend and tell them what you learned in this workshop.



## **QUESTION OF THE DAY**

What do you do to calm down when you feel upset?

---

Name: \_\_\_\_\_

## Relaxation Exercise:

To make a good decision you should be calm, have a cool head, and have complete control over your behavior. Choose a place where you can concentrate and not be interrupted by other people or activities.



Choose a chair with a straight back so you can sit up straight in a relaxed position with your feet flat on the floor.

Sometimes, it's hard to pay attention and do everything that is necessary to relax, so you might want to have someone sit and relax with you and help you remember the things that we talk about today.

## Relaxation Exercise:

Now that you are ready to relax, sit in the relaxed position, with your hands resting comfortably on your legs, close your eyes, and take a deep breath. Through your mouth. Let it out slowly.

Feel the way that your whole body begins to relax when you let out a breath.

You're starting to feel better and you're starting to feel more relaxed already.



Now relax your shoulders.

Let them droop down.

Move your shoulders slowly so all of the tension goes away.

Your shoulders are drooping down, and you feel so calm and quiet and relaxed.

## Relaxation Exercise:

Now this comfortable,  
relaxed feeling spreads  
down your arms  
all the way to your hands.

Your arms and hands are  
resting on your legs and they feel heavy and  
calm. Your whole body is feeling relaxed.

This warm, calm, comfortable feeling spreads  
down to your legs --- all the way to your feet.  
Your feet are resting flat on the floor and they  
feel heavy.

Your whole body feels calm and relaxed.

Now take another deep breath and let it out  
slowly. Think about how good you feel.  
You are quiet and calm and rested.

You feel so peaceful.

It feels so nice and you can remember this  
feeling so that anytime that you have a problem  
or start to feel upset, you can just take a deep  
breath and relax.

You've done a good job.



# How do you feel today?



**Happy**



**Scared**



**Sad**



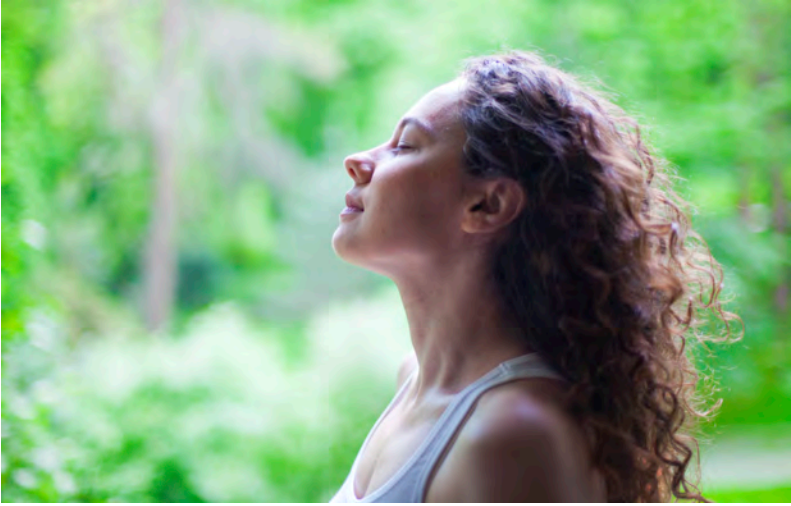
**Angry**



**Grossed Out**

**Circle a face that shows  
how you are feeling?**

## *Problem Solving -*



**STEP 1: Relax**

**Take a deep breath  
and let the air out.**



**STEP 2:**

**Say something positive.**

**Saying something positive  
gives you confidence**

**and makes you feel good**

**about yourself because it**

**helps you remain in control.**





**STEP 3:**

**Identify the problem.**

**Ask yourself,**

**"What is the problem?"**

**Ask yourself,**

**"Is this really a problem or  
a potential problem?"**

**Ask yourself,**

**"How do you feel?"**



**STEP 4:**

**Think of solutions.**

**What can you do**

**to solve the problem?**



## **STEP 5:**

**Pick a solution  
and just do it!**

## *Problem Solving - Role Plays*

Watch as we show you some role-plays. We're going to act out a few scenes and ask for your help to go through the problem solving steps.



Role Play 1: A friend always calls too late at night.

Role Play 2: Somebody at work borrows \$10. He says he will pay me back tomorrow. The next day I asked for the money but he didn't have it.

Role Play 3: I want to go out on a date but my parents keep saying no.