



FEELING STUCK? USE THIS VOCAB EXERCISE

DESCRIBE THE ISSUE/CHALLENGE YOU ARE FACING

VALUES

NAME 1-3 VALUES YOU HAVE RELATED TO THIS ISSUE
EXAMPLES: FEELING RESPECTED, BEING KIND, MAKING MEMORIES

OBSTACLES

LIST 3 THOUGHTS, FEELINGS, AND/OR BEHAVIORS THAT COME UP AND MOVE YOU AWAY FROM YOUR VALUES

CHOICE

(CHOOSE 1 OR MORE)

COMMUNITY

WHAT ARE WAYS I
CAN ASK FOR
HELP?

- Community can be friends, family, neighbors, or community organizations

ACCEPTANCE

ARE THERE ANY OF
THESE I AM ABLE TO
ACCEPT?

- You do not have to like or agree with something in order to accept it

BOUNDARIES

WHERE DO I NEED TO
SET A BOUNDARY?

- Boundaries are what action you will take if something happens. Not a threat to make other people change

VALUES
OBSTACLES
COMMUNITY
ACCEPTANCE
BOUNDARIES