

YOU CAN GET THROUGH IT

Dealing With My Ups and Downs

Name _____ Hour _____

Describe ten of your "ups" and "downs" that have occurred in the last week, month or year. Complete the graph at the bottom of the page giving the ups positive points and the downs negative points.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Graph "Ups" or "Downs" as listed above.

	1	2	3	4	5	6	7	8	9	10
Positive or Negative										
+4										
+3										
+2										
+1										
0										
-1										
-2										
-3										
-4										

What are at least four "ups" that you enjoy and look forward to?

Describe three positive things you can do to get through the "downs."

