

## My Story

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

Title: \_\_\_\_\_

Work with someone (i.e. parent, teacher, coach, mentor, therapist) to complete this worksheet.

Describe the situation, activity, place, or event: \_\_\_\_\_

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Describe what you typically do, say, think, or feel in this situation:

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Describe what other people might be thinking, feeling, or doing in this situation:

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Describe what you should try to do –what is a better way for you to handle the situation?

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Describe why you should try to respond differently. How will it make the situation better?

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End on a positive note—you CAN do it! \_\_\_\_\_

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Now you are ready to write your story..... You can hand-draw or use images (photos, icons, Google images) to **illustrate** your story too. A parent, teacher, coach, or other support personnel should guide you in writing your story.