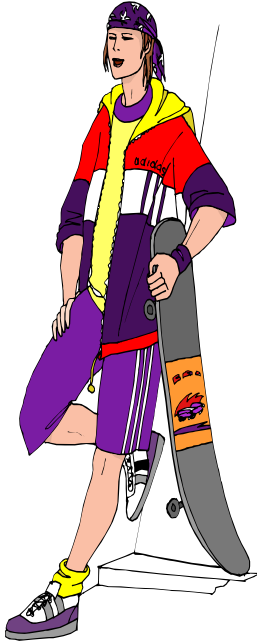
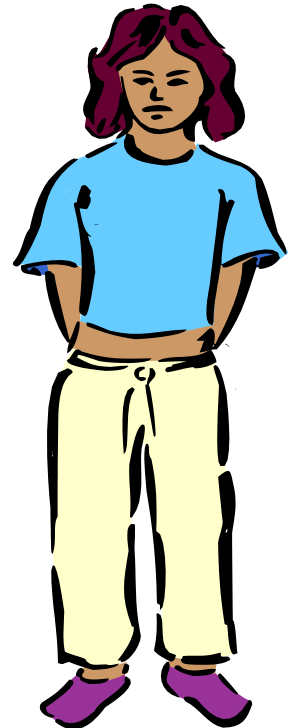


# Using Your Strengths to Be All That You Can Be!



When you believe in number one...  
You get it done!



Charlie Appelstein, MSW

# Believing!

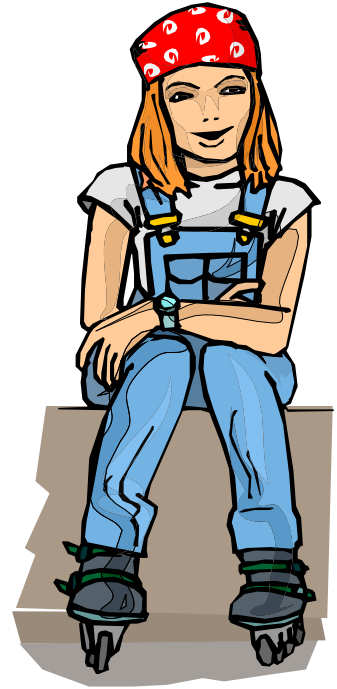
Hope is humanity's fuel!

There's No such Thing As a Bad Kid!

...just bad choices and bad luck!

And no such thing as a bad parent -

Sometimes parents make bad choices...

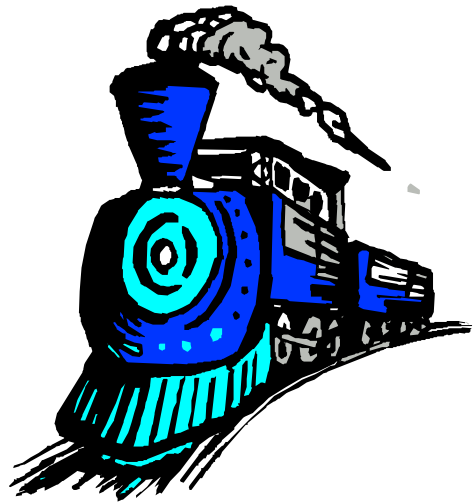


Every kid is like a train.

Big and Powerful...

Sometimes we get off track....

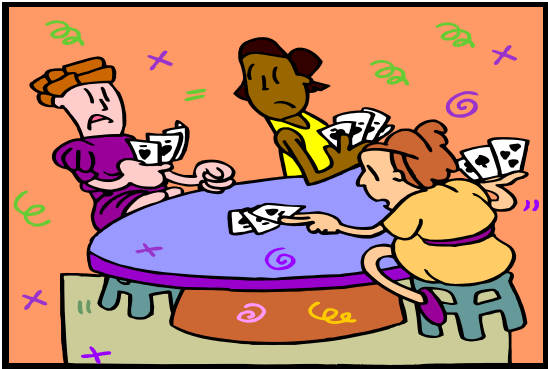
But we're all going far!



**Tip:** Follow your passions and strengths

# Providing Hope & Possibility through Metaphors

## Poker



“Life is like a poker game. Even if you’re dealt a bad hand, you can still win the game.”

## The Melting Snowball



“See your fears and worries about (pending issue/loss/transition) as a big snowball in the middle of your chest, and understand that as each day goes by, it’s going to melt a little. It may stay forever...but it will become so small that you can build a great life around it.”

## The Roadblock



“It’s not a learning disability; it’s a roadblock. All big cities have them, but people get to work on time every day.”

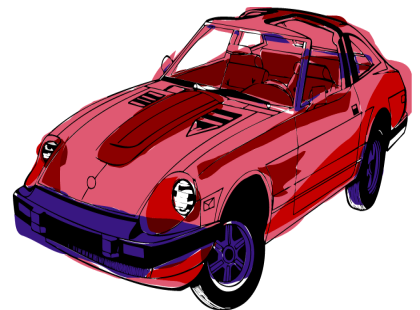
“It’s not bipolar, Asperger’s, OCD..it’s a roadblock or two...”

## The Train



“You’re Big and Powerful...All trains get off track from time to time.”

## The 2019 Edition



“Cars and people improve every year. You’re the 2019 Eliza. You don’t over-heat as much as the 2018 Eliza ...have a sleeker design, follow the road signs better... We Get better EVERY DAY!” 3

## Changing Mindsets

“For twenty years, my research has shown that the view you adopt for yourself profoundly affects that way you lead your life.”

Carol Dweck (2006) *Mindset*

- Develop a *growth* (I’m always growing, improving..I get better every day!) vs. a *fixed* mindset (I’m a loser, I’m stupid, etc.)
- Feel proud about the effort you put forth and trying hard...normalize failing, struggling, making mistakes, and getting off track. It’s true: No pain, no gain!
- Struggling and, at times, failing often open up opportunities to improve, learn something new - build character. Don’t put yourself down: I’m stupid, I’m a loser! I’ll never...



Use positive self-talk:

“The harder I try, the higher I fly!” Be the EAGLE:  
“What’s a mistake? A chance to learn something new.”  
An opportunity to take!”

“If you don’t win, JUST GRIN!” “If you lose, don’t get the blues

**If it’s stinkin’, change the thinkin’!**

Thomas Edison's teachers said he was “Too stupid to learn anything.” He was fired from his first two jobs for being “non-productive.” As an inventor, Edison made 1,000 unsuccessful attempts at inventing the light bulb. When a reporter asked, “How did it feel to fail 1,000 times?” Edison replied, “I didn’t fail 1,000 times. The light bulb was an invention with 1,000 steps.”



“I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot ... and missed. I've failed over and over and over again in my life. That is why I succeed.” -Michael Jordan



## Avoid Stinkin' Thinkin'!

Life isn't what you see...it's what you think!

Work on replacing negative self-talk and perceptions

Your friend doesn't call you back:

Stinkin' Thinkin':

*"She's mad at me., and a real jerk for ignoring me!"*

Positive – replacement-  
thought:

*"Maybe she's busy or didn't get the call."*

You don't do well on a test:

Stinkin' Thinkin'

*"I'm stupid!"*

Positive – replacement -  
thought:

*No one is good at every subject  
I'm trying!*

**Stinkin' Thinkin'**

**Replacement (Eagle) Thought(s)**

I'm not good

I'm on the right track

It's good enough

Is this really my best work

I can't make this any better.

I can always improve. I'll keep trying

This is hard.

This might take more time and effort.

I don't understand.

What am I missing?

Can you think of times you have let Stinkin'Thinkin' get in your way

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## **Challenge Negative Thinking by Being a Good Detective!**

Any time you feel you can't do something....or hopeless about your situation:

Think:

Have I done this before? Have I felt this way before?

And if the answer is "Yes"...

What did I do before to get back on track?

How will I feel when I succeed?

or

Think of other people who were in the same position (and  
Just as worried)...but succeeded.

Think: If they can do it: Why can't I?

"How many other kids were in my exact position a year ago and are now doing  
well?"

"Why did they make it?"

"Why can't I?"

## Put Yourself in a Position to Succeed!

Find and do things that display your talents and/or taps your passion.

Find your niche!

- Games (board, video, bingo, etc.)
- Professional & amateur sports
- Special events (food drives, car washes, bottle-collecting, walk-a-thons)
- Music (concerts, play an instrument, bands, shows, music videos, lip-syncing, etc.)
- Get a job
- Volunteer (w/handicapped, elderly, younger kids, animals, etc.)
- Sports (bowling, karate, roller-skating, soccer, etc.)
- Fitness (aerobics, jogging/walking, meditation, rope and rock climbing, etc.)
- Hobbies (art, theater, music, crafts, pottery, card and/or coin collecting, carpentry, photography, magic, etc.)
- Animals (pets, horse-back riding, fish, etc.)
- Home repair jobs (painting, landscaping, repairing, etc.)
- Religious activities

What are some activities you are interested in, but haven't tried yet?

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# SELF-MANAGING

I'm ticked. But stay cool.

It's an injury and it'll heal.  
That's the deal! *Use the Force!*  
10 minutes from now...  
tomorrow..I won't feel this  
bad. Stay cool. Let it go.  
Do the right thing.

Respond  
Instead of  
React. That's  
The fact!



Self-esteem  
Is fragile,  
even when  
It's good!



Coach  
You

I got to make the  
right call.

Be my own COACH.  
Call the right play!

Avoid the  
**DARK SIDE!**



Lack of  
support causes  
stress.

Stress affects  
your ability to  
make good  
choices.

Respond means = Don't say or do anything to someone else that you wouldn't want said or done to you.



# Big Problems don't always require BIG efforts for solutions! & The Power of Positive Self-Talk

## One-Line Raps for a Better Life

Create and practice coping thoughts - in the form of one-line raps - to diminish or rid problem behaviors (i.e. bad habits). Raps are more successful when they rhyme, are rhythmic, humorous and repeated often. Practice makes perfect!

*The brain is designed to change in response to patterned, repetitive stimulation.*

### **Anger Control**

NBD...easier than 1-2-3! NO BIG DEAL!

Stop and think, don't be a dink!

Let it go, Jo (Just stay cool no need to blow)

Let it go...So (So I can be happy or earn things, etc.)

When you're mad...don't do bad (or don't get sad)...just talk or walk.

Talk, walk, or squawk! If I don't win, just grin! If I lose, don't get the blues!

Stay in control, that's the goal. I can, I will, I gotta chill.

Lyin', stealin', cheatin' is always so defeatin'

### **Following Through/ Being Independent**

Don't quit, take it bit by bit

Like a king on a throne, I can do it on my own.

Step after step, that's the prep. Take it inch by inch...it's a cinch!

Sit and relax, learn to the max! Make a list, it will assist.

### **Self-care**

If you hurt number one, it's never better when you're done

### **Drugs and Alcohol**

I can make it if I choose, time to quit the drugs and booze.

If you lose hope, don't do dope.

View more cues  
at [www.charliea.com](http://www.charliea.com)

### **Anxiety**

Don't be in a hurry to worry. Stop and listen, cause you don't know what you're missing.

If it's stinkin', change the thinkin'!

### **Encouragement/Affirmations**

I can make it if I choose...Only I can make me lose.

If it is to be, it's up to me!

Don't smoke, it's a joke.

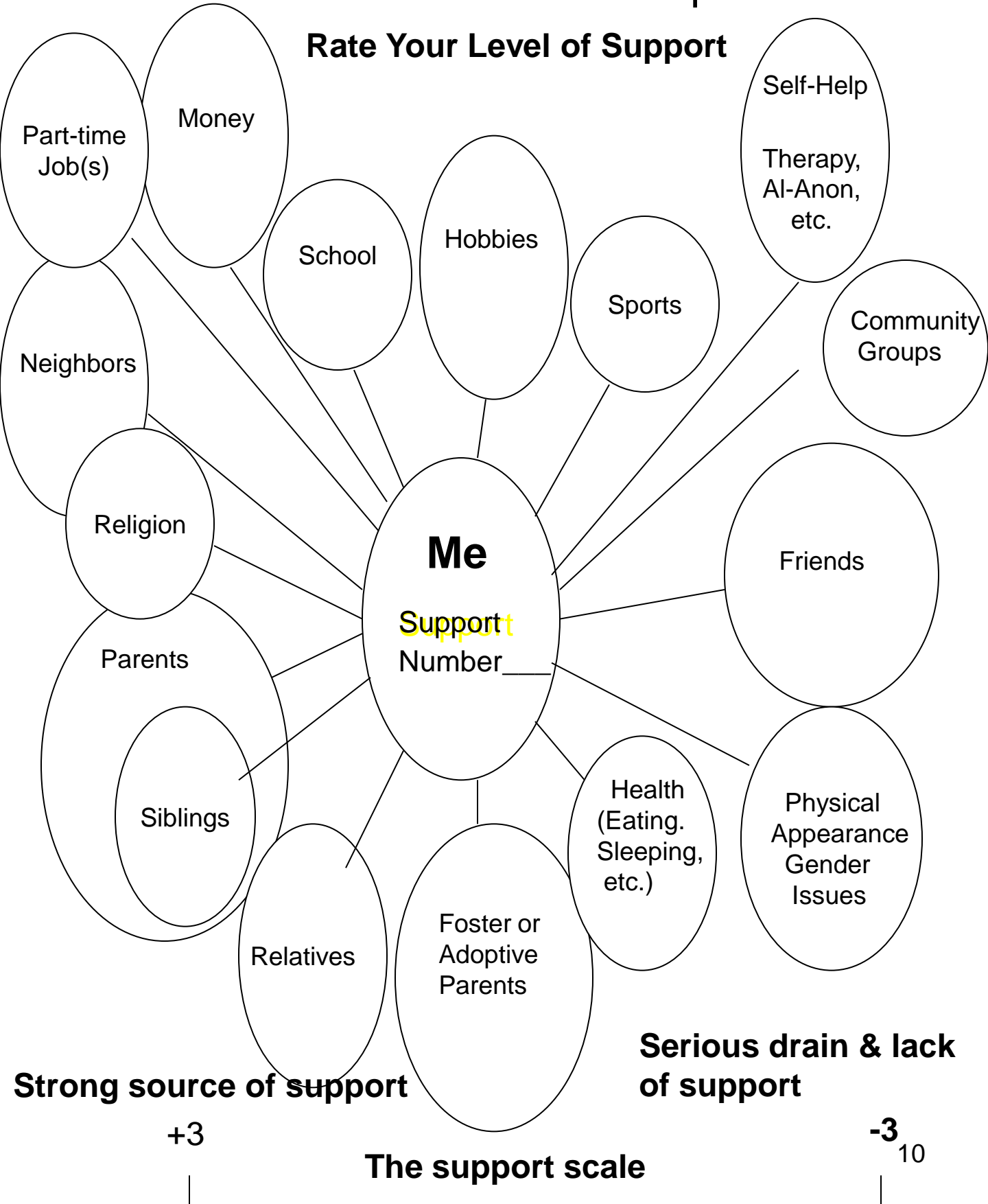
Watch what you eat and have quicker feet

The harder I try, the higher I fly! (Be the Eagle!)

What's a mistake? An opportunity to take!

# The Connections Map

Rate Your Level of Support



## Helpful self-management tips:

### See the Future!



Visualize /imagine yourself doing great at school, getting along well with the key people in your life, holding a super job, having a good family, etc.

The more you see it, think it...believe it...the greater the likelihood it will happen!

One well renowned expert stated: A big reason some kids don't maximize their potential is that they can't articulate a positive future for themselves.

Actively think and talk about: What career you want, hobbies you'll have later in life, where you'd want to live, size of family, etc.

### Think *wants* and *needs*...

When upset, think: *What do I want to do? BUT what do I need to do!*

A person disrespects you...

*I want to slap this person...I need to walk away...let it go. Or talk it out*

Think about the outcome of making a wants-based choice: *If I slap her I could lose my job.*

When you get stressed or upset...take a trip in your mind to a *peaceful* place....

