

FINDING YOUR way



12

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Imagine a friend called you on the phone and asked for directions – she wanted you to make her a map. What three things would you need to know in order to make her the map? Write the number 1 on a piece of paper and then write your answer.

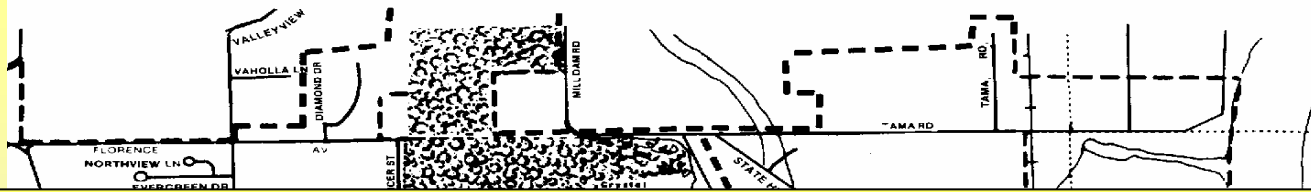


1) Where is she?

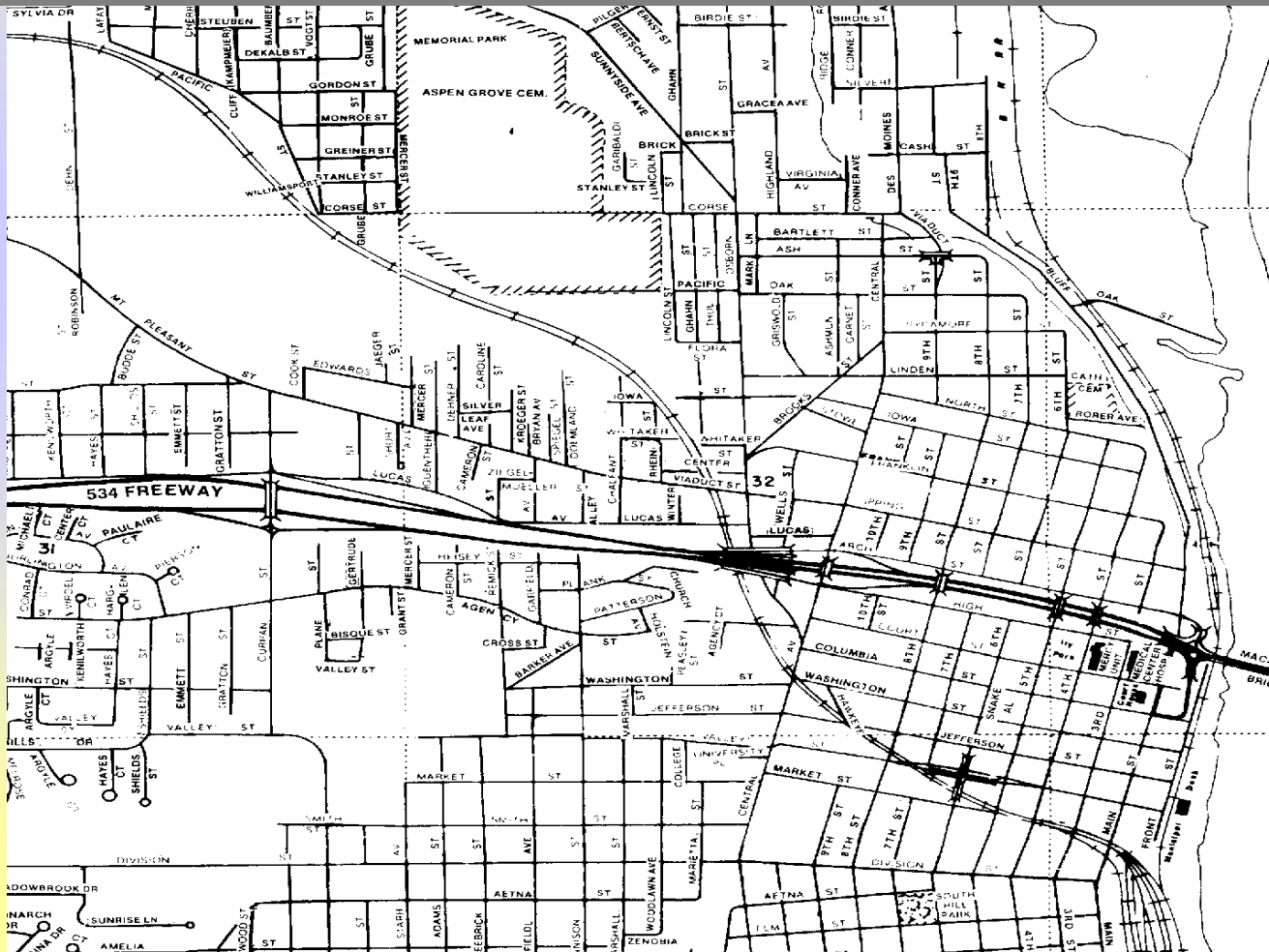
2) Where is she going?

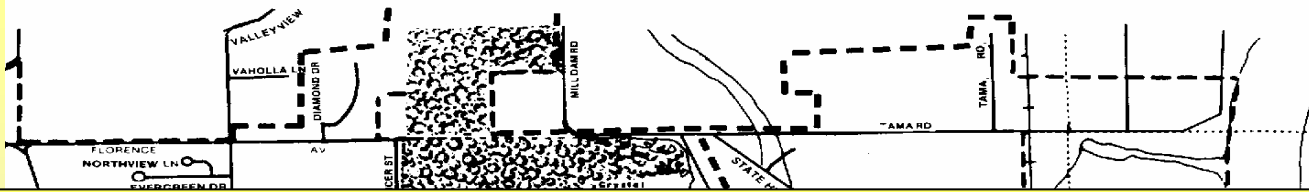
3) How to get from where she is to where she is going?





Now, on another piece of paper, make a map from your home to one of your favorite places. Make lined for the streets you will use. Make sure you label the streets.





Look at your map. Find the first major intersection. If you went the wrong way at that intersection, what would be something that you would see that made you say, “Hey – I’m going the wrong way”? Write the number 2 on your paper and write that down.



A photograph of a long, narrow tunnel with rough, textured walls. At the far end of the tunnel, a bright, circular opening is illuminated with a soft, white light, creating a strong contrast with the dark interior. The perspective is from the dark end of the tunnel, looking towards the light. The text is overlaid in the center of the image.

AND
NOW FOR SOMETHING
COMPLETELY
DIFFERENT

Imagine a Martian came to Earth. He didn't know anything about Earthlings and what they do. You had to explain things to him.



If you walked into a home in which the husband and wife didn't get along. What would you see and hear that let you know that that was the case? How do people feel when they are not getting along? What might be some of their thoughts? Write the number 3 on your paper and then write your answers.



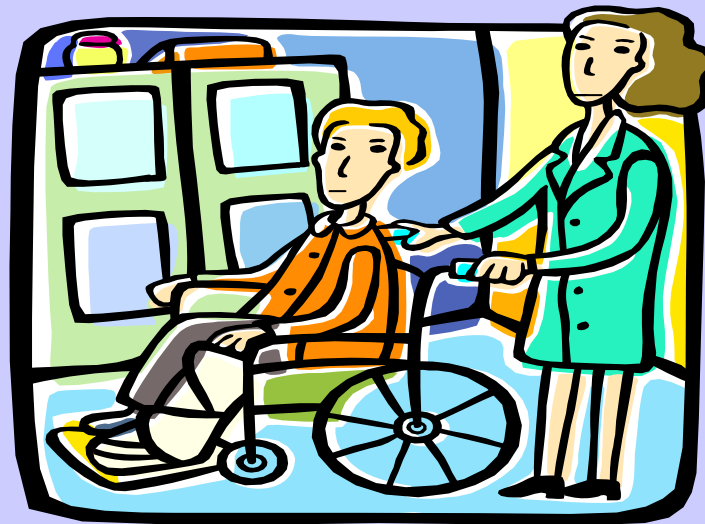
Be specific

If you walked into a home in which the residents were unemployed. What would you see and hear that let you know that that was the case? How do people feel when they are not working? What might be some of their thoughts? Write the number 4 on your paper and then write your answers.



Be specific

If you walked into a home in which one of the residents was sick. What would you see and hear that let you know that that was the case? How do people feel when they are sick? What might be some of their thoughts? Write the number 5 on your paper and then write your answers.



Be specific

If you walked into a home in which one of the residents had low self-esteem. What would you see and hear that let you know that that was the case? How do people feel when they have low self-esteem? What might be some of their thoughts? Write the number 6 on your paper and then write your answers.



Be specific

If you walked into a home in which residents used alcohol or other drugs. They **did not** consider it a problem. What would you see and hear that let you know that that was the case? How do people feel when they have low self-esteem? What might be some of their thoughts? Write the number 7 on your paper and then write your answers.

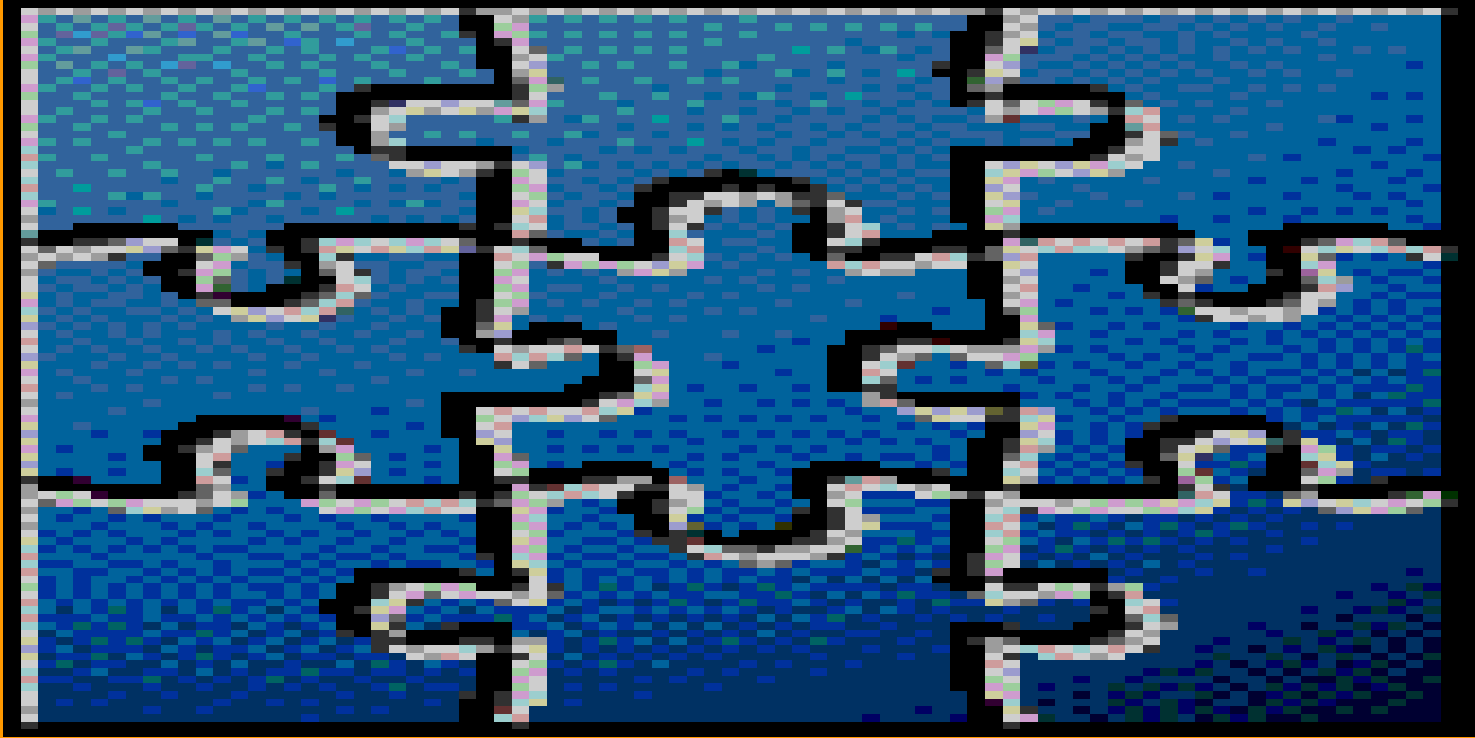


Be specific

If you walked into a home in which residents used alcohol or other drugs. They **did** consider it a problem. What would you see and hear that let you know that that was the case? How do people feel when they have low self-esteem? What might be some of their thoughts? Write the number 8 on your paper and then write your answers.



Be specific



Write the number 9 on your paper and then write your thoughts on how these are all related. For example, heavy drinking can cause work problems, which can cause marital problems and so on.

A photograph of a long, narrow tunnel with rough, textured walls. At the far end of the tunnel, a bright, circular opening is illuminated with a soft, white light, creating a strong contrast with the dark interior. The perspective is from the entrance of the tunnel, looking down its length towards the light. The text is overlaid in the center of the image.

AND
NOW FOR SOMETHING
COMPLETELY
DIFFERENT

Now you walked into a home in which the husband and wife get along. What would you see and hear that let you know that that was the case? How do people feel when they are getting along? What might be some of their thoughts? Write the number 10 on your paper and then write your answers.



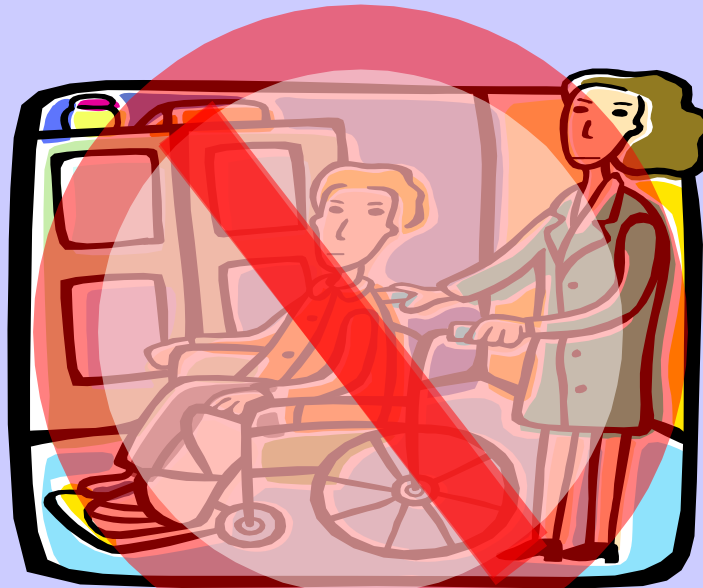
Be specific

If you walked into a home in which the residents were employed. What would you see and hear that let you know that that was the case? How do people feel when they are not working? What might be some of their thoughts? Write the number 11 on your paper and then write your answers.



Be specific

If you walked into a home in which the residents were healthy. What would you see and hear that let you know that that was the case? How do people feel when they are healthy? What might be some of their thoughts? Write the number 12 on your paper and then write your answers.



Be specific

If you walked into a home in which one of the residents had healthy self-esteem. What would you see and hear that let you know that that was the case? How do people feel when they have healthy self-esteem? What might be some of their thoughts? Write the number 13 on your paper and then write your answers.

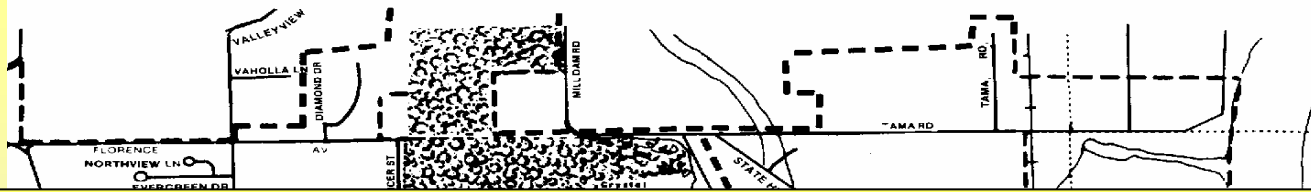


Be specific

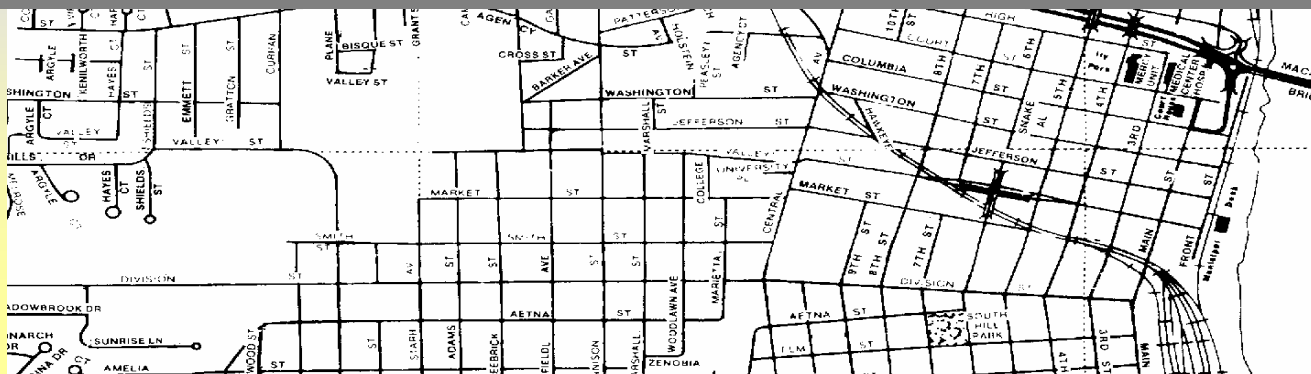
If you walked into a home in which residents no longer use alcohol or other drugs. What would you see and hear that let you know that that was the case? How do people feel when they are in recovery? What might be some of their thoughts? Write the number 14 on your paper and then write your answers.

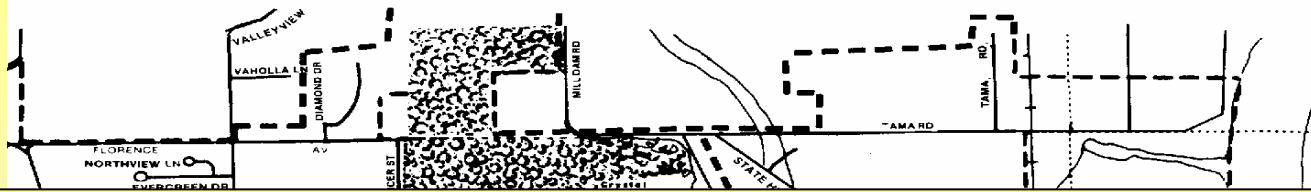


Be specific

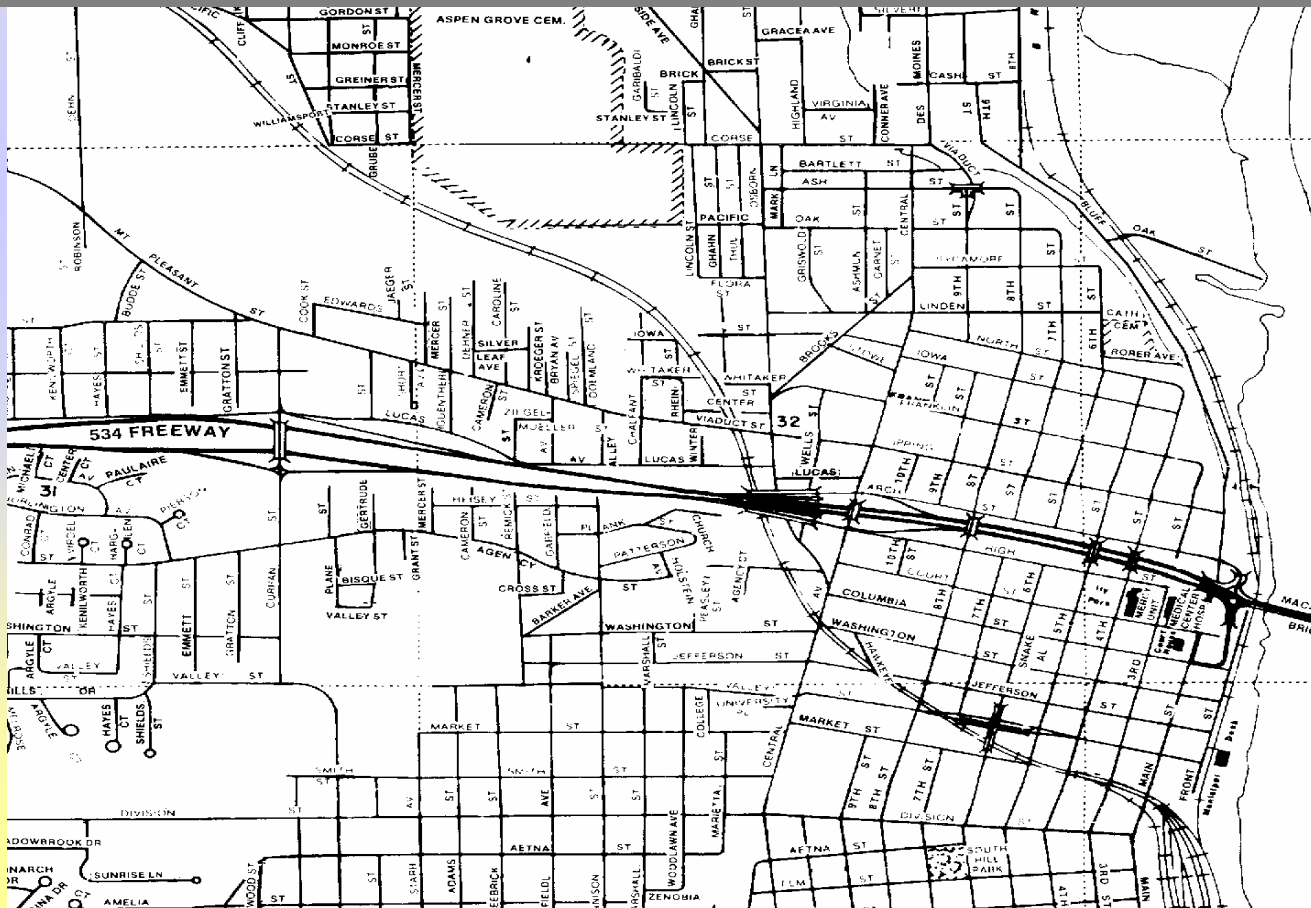


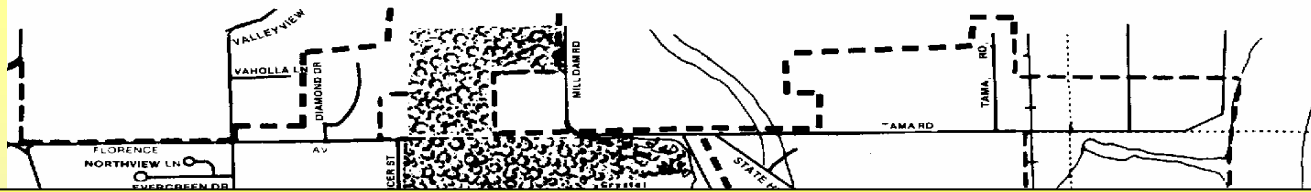
You know what your main problem area is like when it is bad. You know what you want life to be like when your problem is fixed. Take the map you drew earlier and put how that problem looks now on the bottom of the page - that is where you are. You can draw a picture or use words. Put how that problem will look when it is fixed on the top of the paper - that is where you are going. Again, you can draw a picture or use words. Then cross out the street names on your map and rename them with names of things you have to do in order to fix your problem (get from where you are to where you want to be – like *Get a Job Street* or *Go to Drug Treatment Street*.)



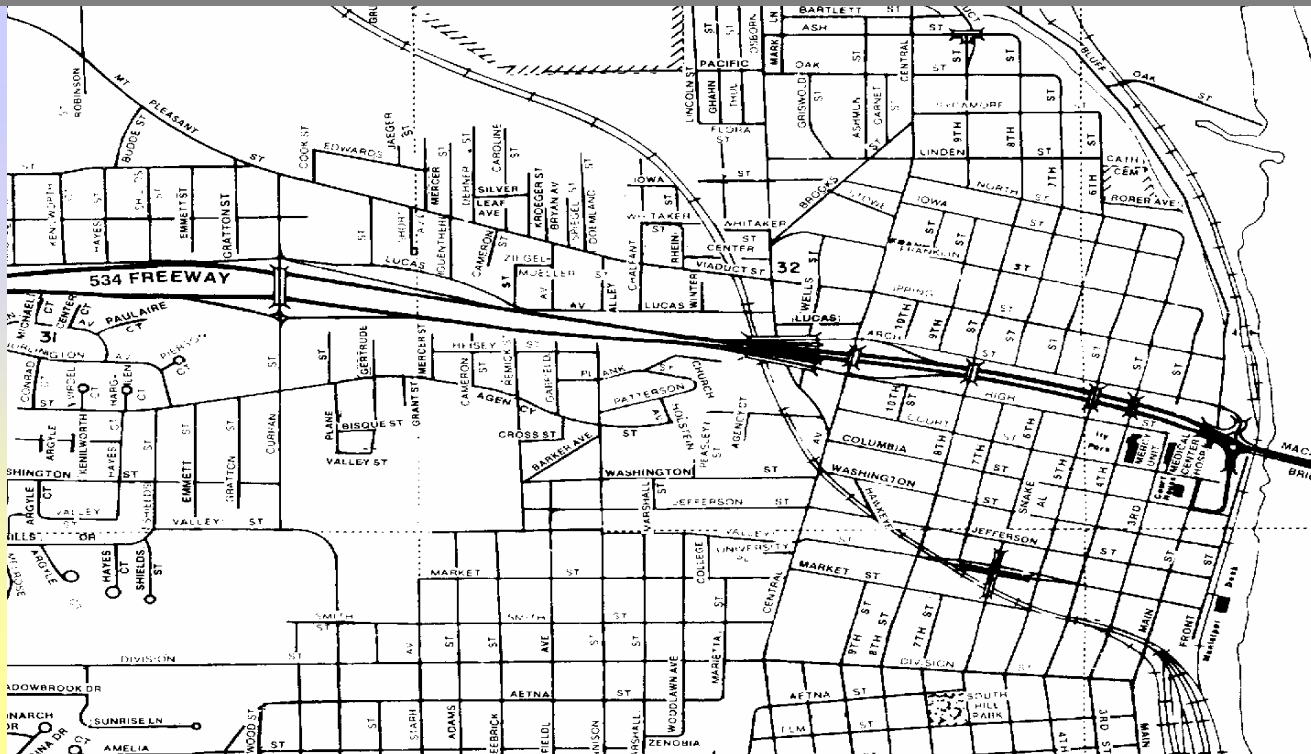


Look at your map. Find the first major intersection. If you went the wrong way at that intersection, what would you be doing? For example, the wrong turn might be *hanging around with old friends*. Write the number 15 on your paper and write that down.





Then with your wrong turn - think about what you might you see and hear that would make you think that going down this street was OK rather than heading toward your goal. How do people feel when they are heading down the wrong street? What might be some of their thoughts? Write the number 16 on your paper and then write your answers.





THE
END