

Open and Deadend Roads

I take care of myself



➔ Affirmations

I am my own best friend.

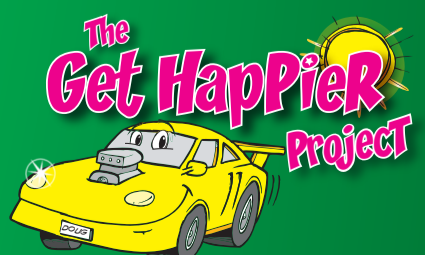
I am kind and patient with myself.

I work at being the best I can be and helpful to others.



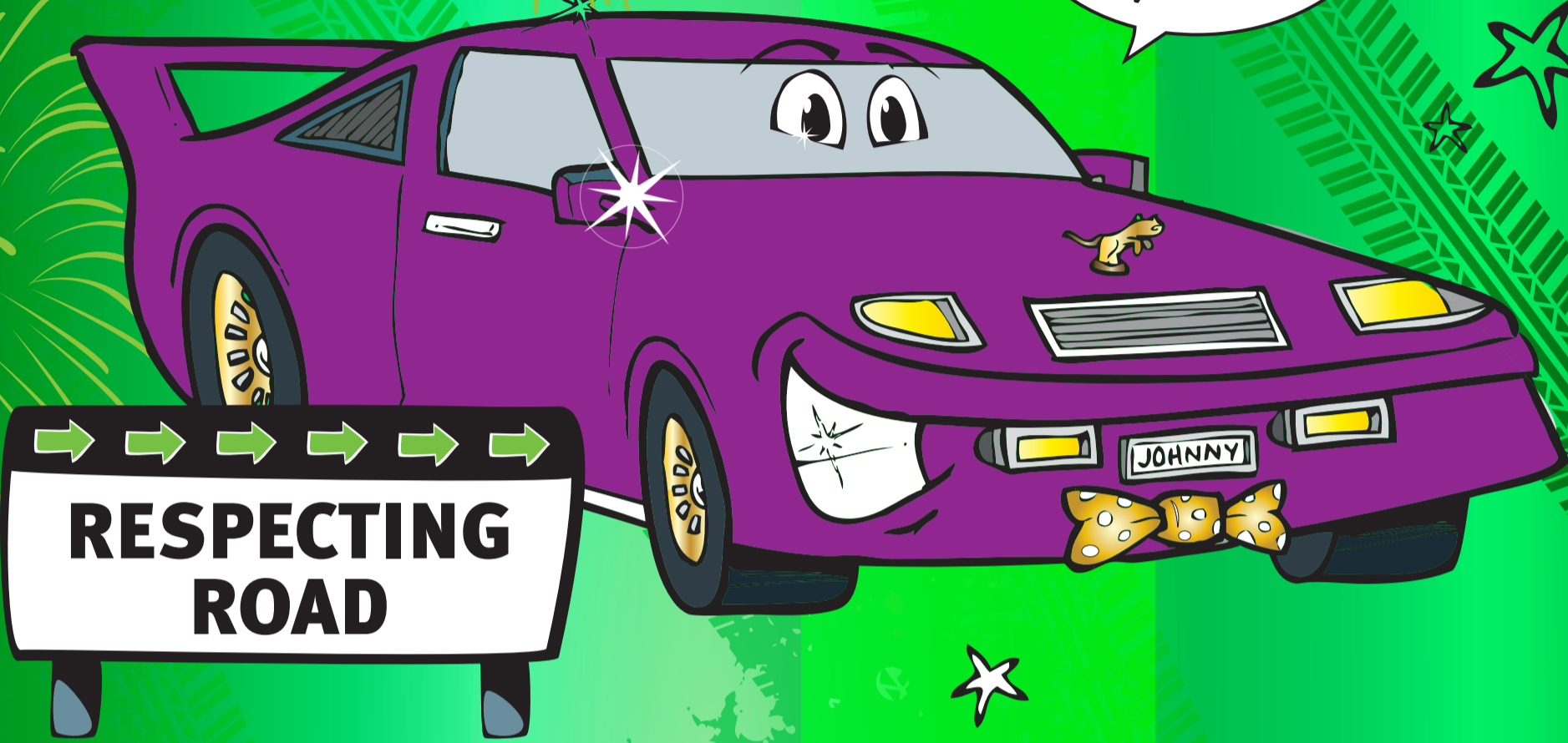
➔ Plan for getting on the Open Road

I will do something kind for myself, and something kind for another person.



Open and Dead End Roads

I am important and special



➔ Affirmations

I care for myself and others.
I am brilliant and talented.
I treat myself and others with kindness.
I enjoy how everyone is different.



➔ Plan for getting on the Open Road

I will do something special to care for myself, and where possible, treat others the way I would like them to treat me.



Open and Deadend Roads



I tune into myself and others



➔ Affirmations

I have a wonderful ability to listen and concentrate.

I listen to what my body and feelings tell me.

Because I listen to myself it is easier to listen to others.

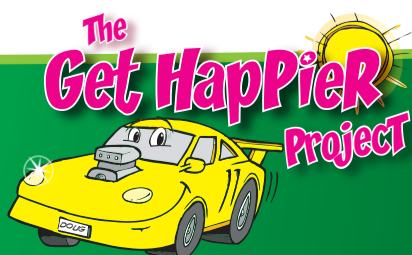
I learn so much when I listen!



➔ Plan for getting on the Open Road

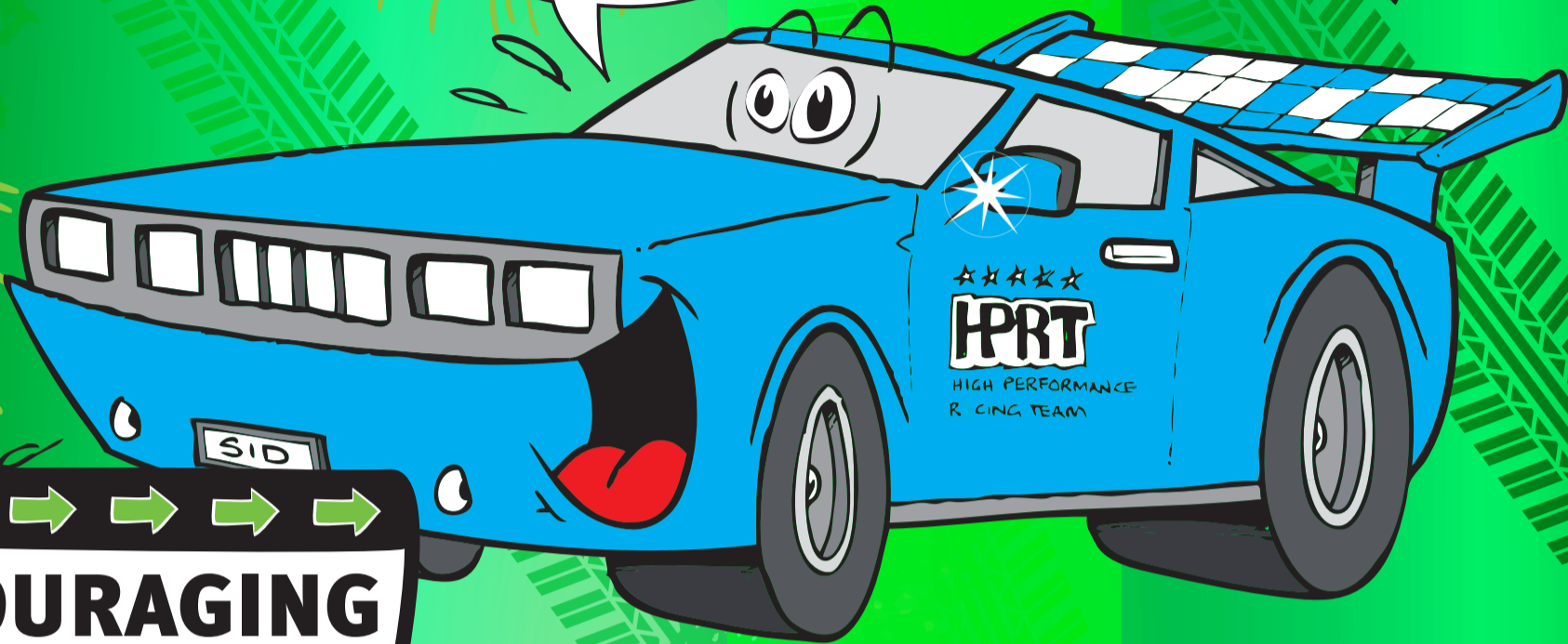


I will listen to what my best self is telling me to do.



**Open and Deadend
ROADS**

I'm getting better everyday



ENCOURAGING ROAD

➔ **Affirmations**

I focus on doing my best, and take notice of how much I have improved.

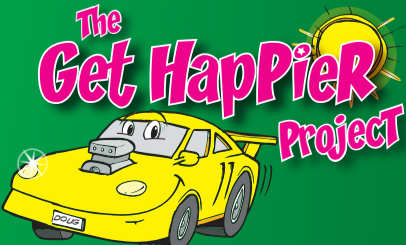
I notice when others need help.

I look for the good things in my life and I celebrate them.

ENCOURAGING ROAD

➔ **Plan for getting on the Open Road**

★ *I will do something to encourage myself, and something to encourage someone else!*



Open and Deadend Roads

I like myself!



→ Affirmations

I am unique and special.

I accept others and appreciate their differences.

I learn from my mistakes.

I am great just as I am!



→ Plan for getting on the Open Road

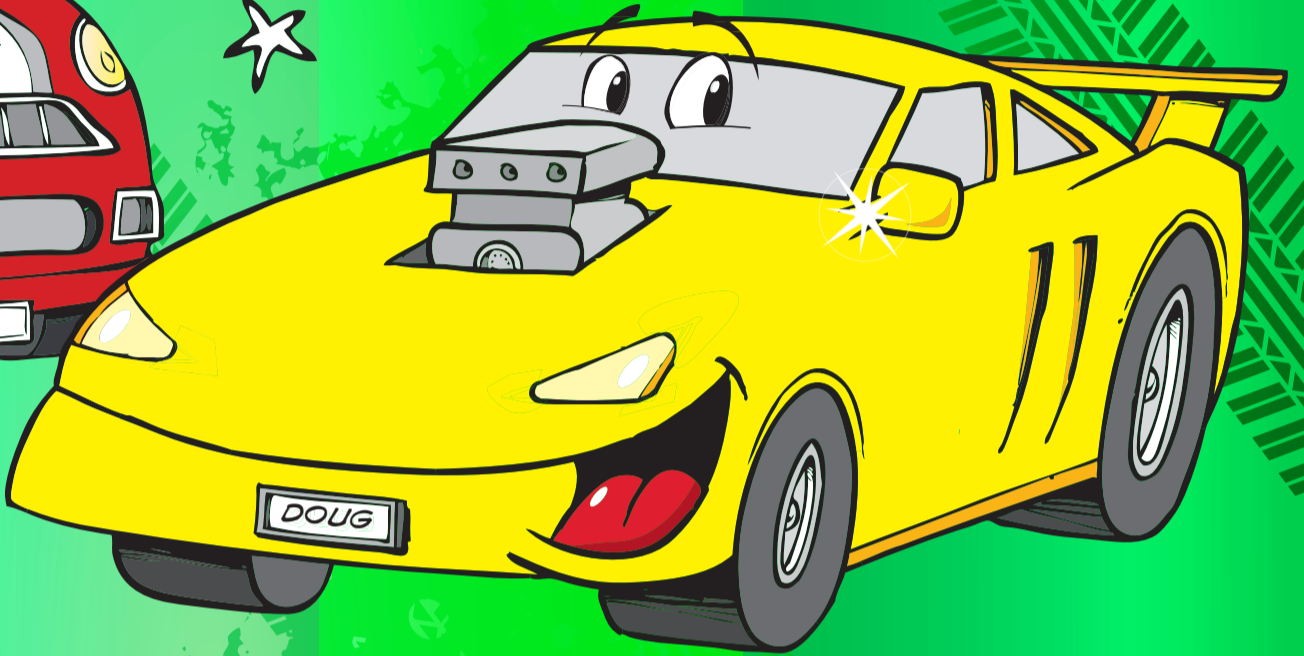


I will write down all the things I like about myself.



Open and Dead End Roads

I can work it out.



→ Affirmations

If there are problems I don't get upset.

I can work it out!

I ask 'What do I want?'

I find out what the other person wants.

We work out a better way for each of us to get what we NEED.



→ Plan for getting on the Open Road



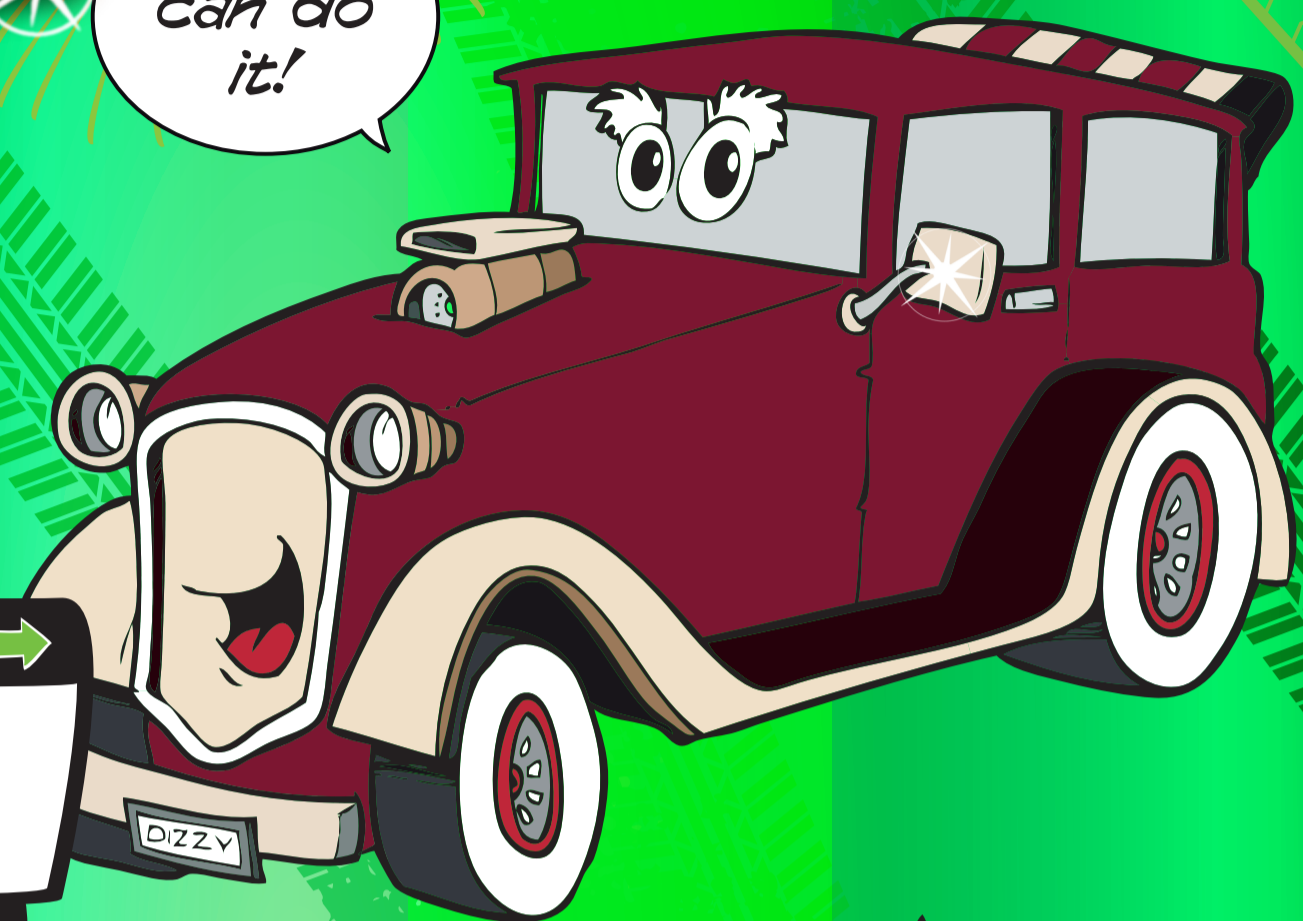
I will be brave enough to work out my problem with another person.

I will take some deep breaths to stay calm.



Open and Dead End Roads

I can do it!



➔ Affirmations

- I am confident and strong.*
- I can work out what I need to do.*
- I don't let bad feelings get me down.*
- I make decisions that help me feel strong and happy.*



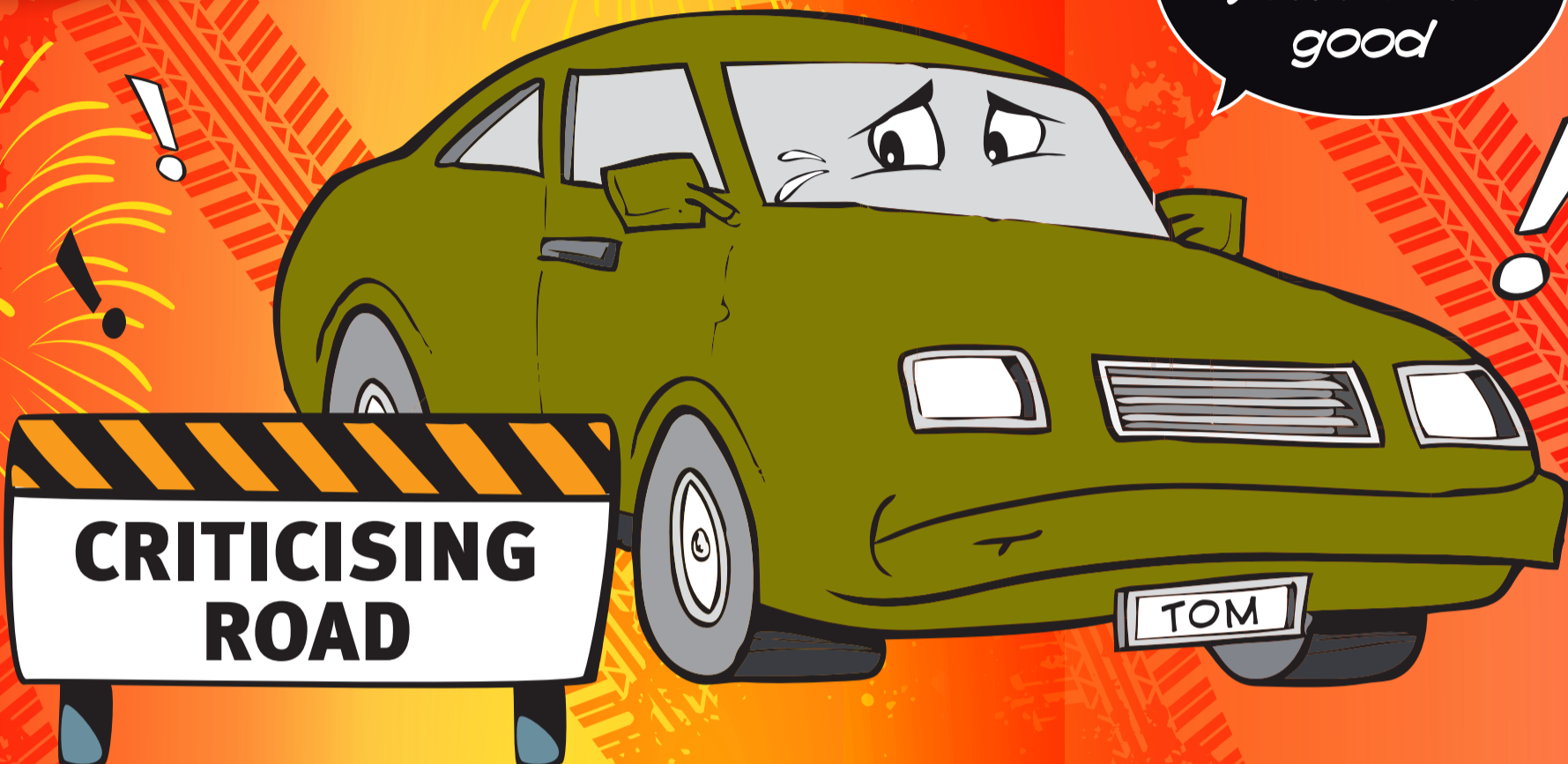
➔ Plan for getting on the Open Road

I will write down all the reasons why I trust myself.



**Open and Dead End
★ ROADS**

I'm
no good,
you're no
good



Affirmations

I notice all the things that don't seem right.

*I find fault with others
and myself.*

*I put myself and others down
when things don't work out.*



→ Plan for getting off the Dead End Road



*I stop criticising others and myself.
Today, I will do one thing to make
my life happier.*



**Open and Dead End
★ RoAdS**

NAGGING DRIVE

**DEAD
END
ROAD**



I've told you a million times!

Nag, nag, nag, gossip, whisper, gossip!

NAGGING ROAD

Affirmations

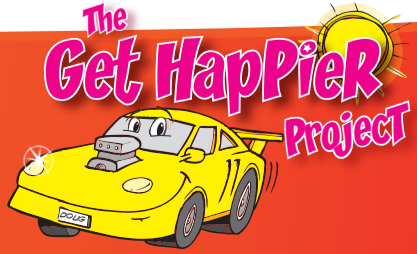
I get what I want by saying the same thing over and over and over and over! I talk all the time!

I nag at myself when I don't get things right.

NAGGING ROAD

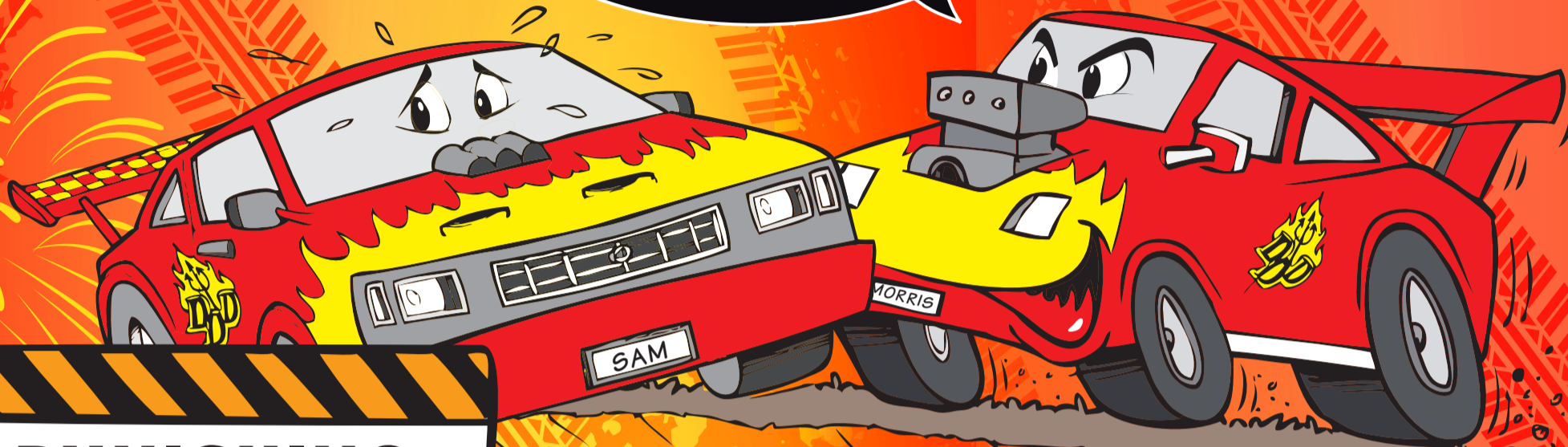
→ Plan for getting off the Dead End Road

★ Instead of nagging, I will explain how working together will help. I will stop stressing, gossiping and placing pressure on others. I will listen more. ★



Open and Dead End ★ ROADS

You're bad and I will hurt you. I am bad and I will hurt myself.



PUNISHING ROAD

Affirmations

- ! I hurt myself or others when I don't get what I want.
- ! I punish myself or others when we make mistakes.
- ! I hurt myself when I'm afraid or confused.

PUNISHING ROAD

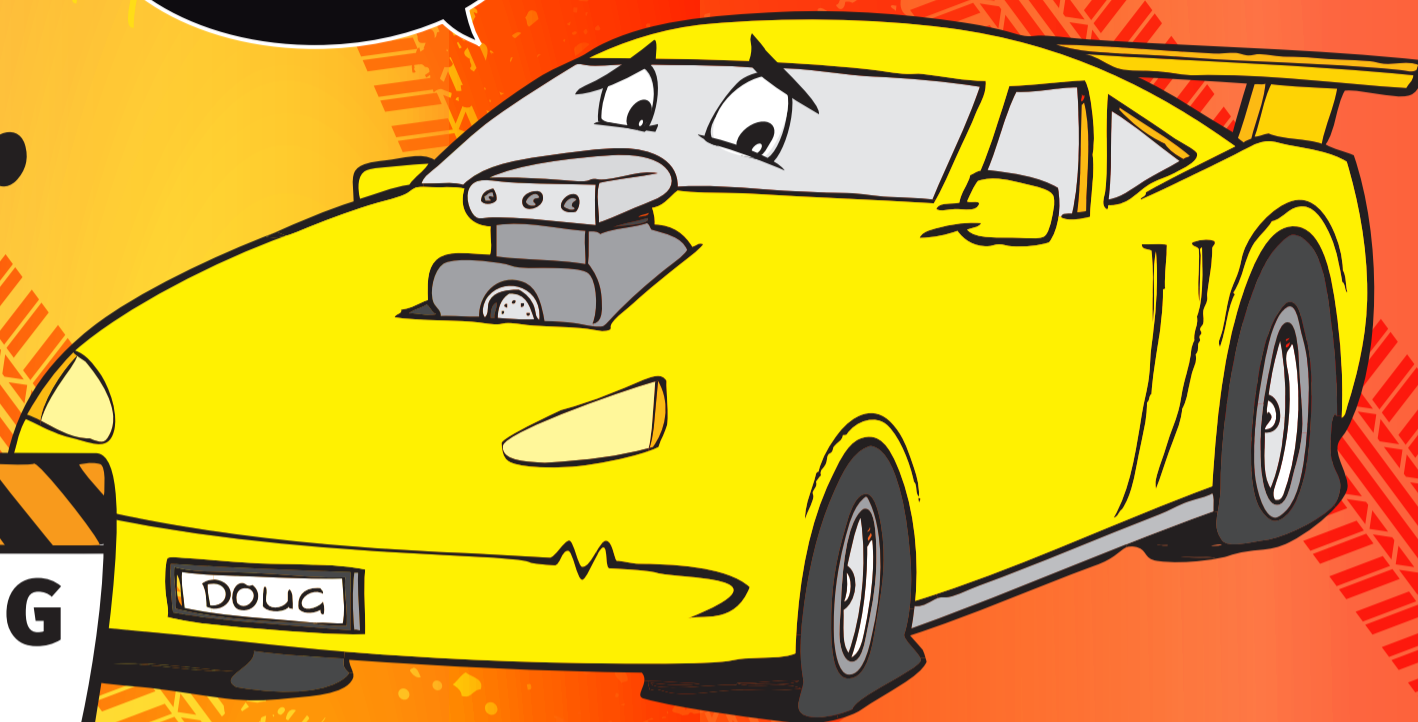
➔ Plan for getting off the Dead End Road

★ I remind myself that I am doing the best I can right now. I learn new and kind ways to get what I need. ★



Open and Dead End ★ ROADS

Poor me!
Why me?



**COMPLAINING
ROAD**

Affirmations

I whine and grumble to myself and to others when I can't get what I want.

**COMPLAINING
ROAD**



Plan for getting off the Dead End Road

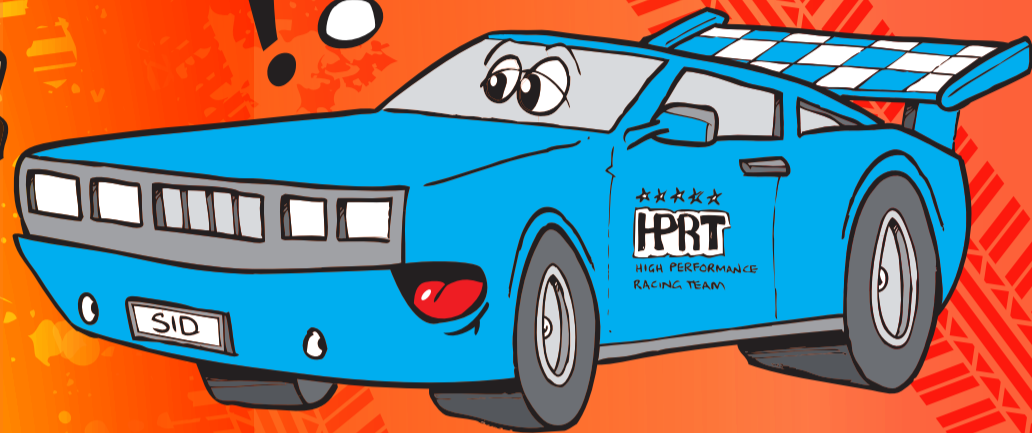


*Will complaining change anything?
I will work out different ways to help myself feel better. I will make a list of the good things in my life, and add to them every day.*



Open and Dead End ★ ROADS

Do what I want and I'll give you something nice.



BRIBING ROAD

Affirmations

I get what I want by giving people rewards when they do what I want them to do.

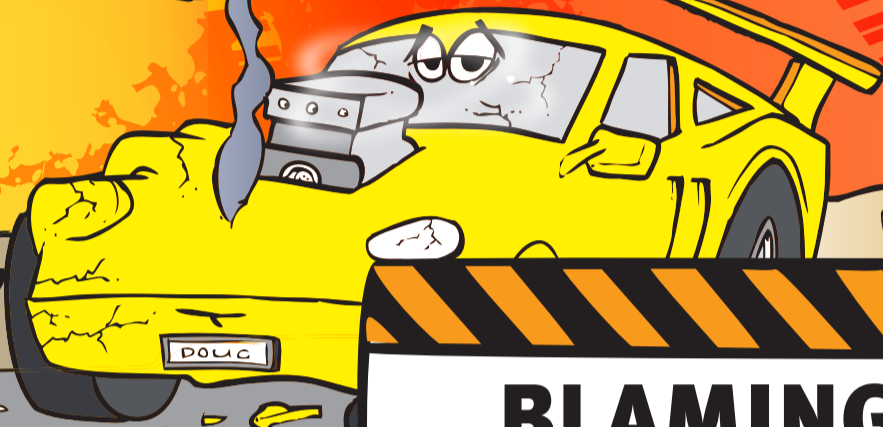
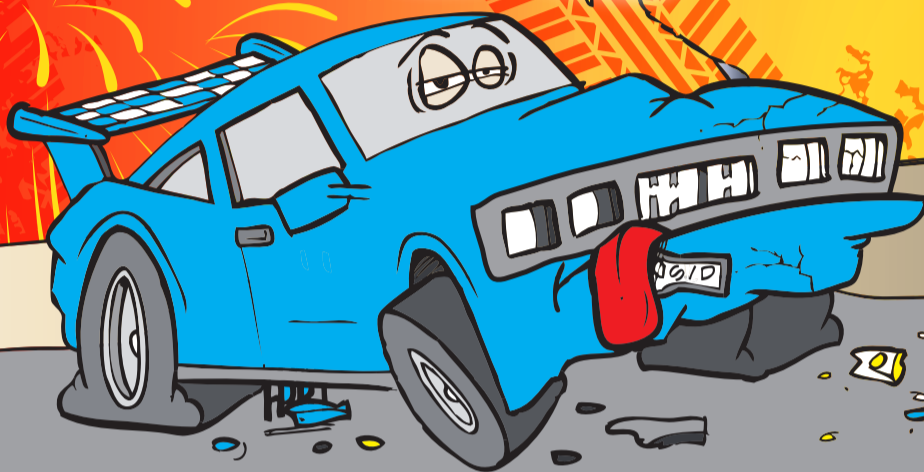
BRIBING ROAD

→ Plan for getting off the Dead End Road

★ *I stop bribing people to get what I want. I will improve my relationship with them and I will be honest and real.* ★

Open and Dead End Roads

It's my fault!
It's your fault!



BLAMING ROAD

Affirmations

I should have done better.

It's my fault. I should know everything and never make mistakes ... and so should you!

BLAMING ROAD

Plan for getting off the Dead End Road

Can anyone know everything?

*I take responsibility for what I can control.
I work out what I cannot control and let it go.*

I make a plan to avoid making the same mistakes.

**Open and Dead End
★ ROADS**

Do
it or else
I'll hurt you or
hurt myself!



**THREATENING
ROAD**

Affirmations

I tell people I will hurt them if they don't do what I want.

I bully others.

I threaten to hurt myself to get attention or to control others!

**THREATENING
ROAD**

→ Plan for getting off the Dead End Road

★ I will not bully others or myself. I will work out some friendly ways to get what I need. ★

