

Take a moment to think about why you are here



- What is it that you did, do you think, that has got you into this situation?
- I think I
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- What do you think the Teacher would say got you here?
- I think the Teacher would say
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- ***We all need to feel that we “belong”, that we have power over our lives. We need to feel free and to have fun in ways that don’t cause hurt. Sometimes we need to do things just to be sure we live another day.***
- In the moments before you landed in trouble, what were you trying to achieve? Have you succeeded? Did you get what you hoped for?
- I wanted
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- I got
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- Did you also get anything you really *didn’t* want?
- I got
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- Instead of doing what you did, what else might you have done to get what you wanted without getting any of the bad consequences that have followed?
- I could have
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