

From the Founder of MPOWRD.org
Teen Consultant and Crisis Counselor
Susan Rothery

Power Moves

**Turning Stress, Fear,
& Anger into Strength**



The ultimate teen survival guide for turning life's
hardest moments into your greatest comeback

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Teen Empowerment Edition

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Printed in the United States of America

POWER MOVES

is dedicated to this generation
which has the potential
to offer peace and compassion
to all individuals
within the journey of
personal empowerment.



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Your power will impact the world

Today teens face challenges that are unique to them.

This book has been written to remind you that:

- Your thoughts are important.
- Your voice matters.
- You have the right to your own opinion.
- You have the right to be heard.

INDIVIDUALS

Read through each challenge and write down your thoughts. POWER MOVES is about reading, reflecting, and writing so that you have the opportunity to process your feelings and thoughts.

GROUPS

- If you are in a group, take turns reading through a section. Then allow 1-3 minutes to write down a response.
- Take time to share your responses with the group one person at a time.
- Make sure to support each other by validating that the speaker's thoughts had meaning and purpose.

Share with family or friends

POWER MOVES can be downloaded for free on www.mpowrd.org

Create the opportunity to share this booklet with others. Teach them the process of reading, writing and reflecting for self-empowerment.

*For best results, use a pencil when filling out this journal.

Challenge 1

Listening and Letting Go!

Challenge 1

Listening and Letting go!

Sometimes, when we are disappointed in someone or even ourselves, we allow a simple moment to become a giant, and before long, it takes over our day. What started as a misunderstanding or even an argument becomes more irritating as time goes on. This happens because we become obsessed with it; we relive the moment again and again. It is hard to even admit that any good things are “out there”, because we are choosing to hold on to the anger inside.

There is a time for each of us to look at the “smaller” moments that really don’t have any huge impact on us, or that we can’t control, and “let them go”. If we allow the negatives “to beat us up” and forget to look for better times, those positives (a great moment, a good friend, a funny situation) will probably come and go without us even giving them attention.

Part of this process involves looking objectively
at those times that continue to
“push those buttons.”

Who listens to me the most? Why do you suppose they do?

Who listens to me the least? Do you know why?

Do people listen to each other in my family? Give some examples.

Conflict Resolution

Since arguments come in all sizes and shapes, sometimes it becomes necessary to use a format in which everyone in the family can commit.

This is the strategy that is good for mediation, whether it is between gang vs. gang, parents vs. teen, teachers vs. students, student vs. student etc. It is such a simple format, but it needs to be followed exactly. No exceptions.

Now, this doesn't sound so impossible, does it? Two people taking turns talking to each other, not really so profound. Yet, what is so amazing is that it does work. People simply get so involved with their emotions, and become really intense, feeling defensive and angry, that not only do they not listen, but every statement sounds like a personal assault. Active listening really can heal.

Therefore, if someone is saying something that you don't like, the only way to stay calm is to realize that you don't own their opinions, they do. That is what listening is about. Their statements are a reflection of what they are thinking, and it is not for us to decide how right or wrong they are.

Likewise, you have a right to express what you are thinking as well. Remember, people have a much better sense of understanding another person's perspective when it is expressed in a calm and respectful manner.

How can someone really tell that another person is listening to them?

**Why do people sometimes REFUSE to listen to another person?
When does this happen?**

Only two committed and chemically free individuals
may attempt mediation with any sense of
hope or credibility.

Why is it important for people to be mentally "open minded" during mediation?

What could go wrong if both people aren't willing to cooperate?

Why is it important to have a mature attitude during a mediation?

Conflict resolution rules:

- 1. Each person agrees to treat the other respectfully, both through body language and word use.**
- 2. Each person may speak for three minutes about their concerns. The other person may only listen, and needs to do so with respect toward the other individual.**
- 3. When the next person has a chance to speak, the same rules apply. That person may address issues that the other person has stated, but does so without accusing or putting that person on the defensive.**
- 4. "I" statements are encouraged when discussing and expressing personal emotions. Example: "I felt really angry when you thought that I had ditched you before I had a chance to explain."**
- 5. The mediation continues until both parties begin to find ways to understand the other's perspective, or until all that needs to be said is said.**
- 6. Both parties try to reach some resolution that each feels is fair**
- 7. If you need an objective person, who will take no sides and be the "referee" to make sure that the rules are being followed, you can agree to invite a 3rd party.**

Additional rule: If, at any time, one person interrupts or doesn't follow the rules, the mediator has the right to say that the mediation is over until both parties are willing to cooperate during the process.

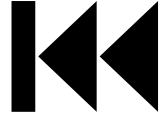
Staying Calm

We all react differently to people and experiences in our lives. Life is about learning to "let go" of those times that shouldn't consume us. "Choosing your battles" is an old saying but really is a lifetime process that demands each person's attention if there is going to be any sense of personal peace. If someone is causing you serious emotional stress, that is another issue. But, if it is just about an angry moment, we need to refocus on the positives.

When you go to bed at night, do you ever "spin your wheels", meaning that you think about that one person or action that made you angry, and you live it and relive it a hundred times over? Does it ever go away? Most likely not....unless you fall asleep....if you can.

***Make a conscious decision to focus on
the positives.
Block out the moments that
are taking "hope out of life";
move forward knowing
that you are "enough".***

What does it mean to you when the above statement reads that you are "enough"?



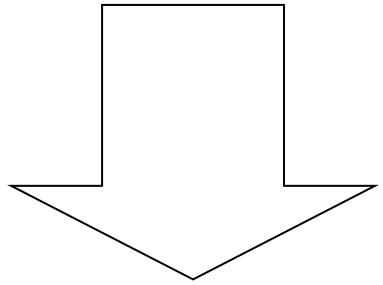
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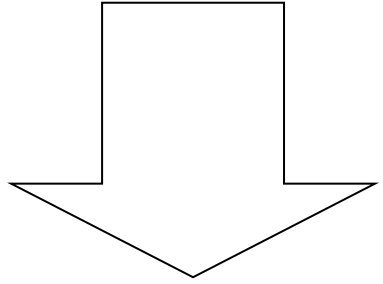
What did you learn from this challenge that you want to remember?

Add a sketch, quote, drawing or message that works for you.

Challenge 2



Challenge 2



Friendship

Can you remember who your best friends were when you were little? No doubt there was a favorite stuffed animal, a super hero, maybe an imaginary buddy that was there when you felt alone. Then life moved on and you may have connected with a neighbor across the street, a kid in class, or it could have been someone in your family. The definition of a friend continued to evolve and change. Sometimes, a friend was a celebration in life and other times, it was a major disappointment. How did the definition change for you?

Think of your “first” friend. Talk about who/why it was important to you? What did the word friend mean to you?

Did you replace your friends with others as you got older?

Did you recall the first time that a friend really let you down? What happened?

How did you learn to move on when a former friend was no longer in your life?

Do you feel that your criteria for friendship has evolved as you have gotten older? What differences do you see?

Some people say that a good friend is someone who helps me to be the best I can be. Would you agree? Why or why not?

Check out these qualities that are listed as important qualities in a friend. Now think of the person you are closest to.

Rate that friendship on a 1 to 5 in each of the areas below. Let's see if that person fits the expectations in a great friendship.

Trustworthiness

- **Honest and reliable**_____
- **Keeps confidence**_____

Supportiveness

- **Offers emotional support**_____
- **Encourages personal growth**_____

Communication

- **Listens actively**_____
- **Expresses thoughts clearly**_____

Empathy

- **Understands feelings of others**_____
- **Shows compassion**_____

Respect

- **Values boundaries**_____

- Appreciates differences_____

Loyalty

- Stands by friends in tough times_____
- Defends friends when needed_____

Fun

- Shares a sense of humor_____
- Enjoys spending time together_____

Dependability

- Follows through on commitments_____
- Is available when needed_____

Forgiveness

- Lets go of grudges_____
- Understands mistakes happen_____

Positivity

- Maintains an optimistic outlook_____
- Encourages a positive environment_____

Shared Interests

- Engages in common hobbies_____
- Enjoys similar activities_____

Open-mindedness

- Accepts new ideas_____
- Is willing to try new things_____

Non-judgmental

- Accepts friends as they are_____
- Avoids criticism_____

Encouragement

- Motivates friends to achieve goals_____
- Celebrates successes_____

Patience

- Gives time for growth and change_____
- Understands personal struggles_____

Kindness

- Acts with generosity_____
- Shows consideration for others_____

These qualities contribute to strong, lasting friendships. Each friend may exhibit these traits to varying degrees because each individual has their own strengths and weaknesses.

Sometimes, friends come into our lives at different points, based on our hobbies, our classes, or our experiences. What’s important to remember is that you deserve a friend accepts the person who you are and gives you a sense of respect. Likewise, you need to offer the same attitude to your friend.

**How do you describe “mutual respect” in any relationship?
Give 5 ways that friends show respect to each other:**

1. _____
2. _____
3. _____
4. _____
5. _____

What qualities would you look for in a friend today? Prioritize your top 5. You might include some that weren't on the list.

Who would be the first person you would trust and why?

Quote:

***“True friends are those who life you up
when no one noticed you were down.”***

Create your own quote about friendship here:



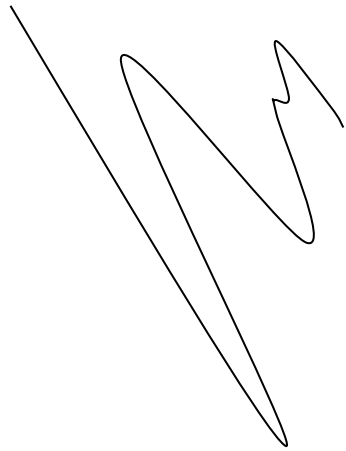
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Challenge 3



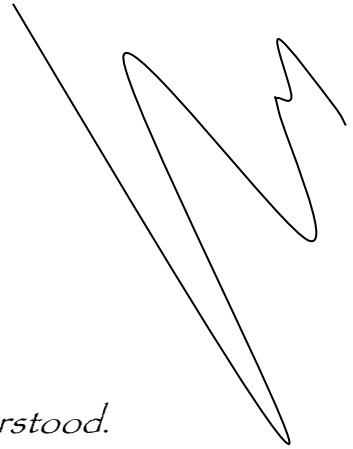
Challenge 3

Depression

Depression is painful.

Depression is often misunderstood.

Depression is disabling.



Millions of adolescents, as well as adults, are dealing with the effects of depression, which controls their relationships, their academic and job successes, their family relationships, and their own sense of well-being. The inability to cope with daily routine becomes huge and people struggle to find a way through this illness. Since many of our youth are "over or under" diagnosed, teens and parents aren't sure where to turn in terms of support.

Several of the most painful elements of depression include the sense of hopelessness, powerlessness, and despair. Often times, through personal interaction, intervention and discussion, teens can begin to understand why depression feels so suffocating and find a means to reach out for help.

Let's first see if we can determine if depression is really the cause of a teen's particular behavior. Here are some of the most common questions asked. First off, what does depression really feel like? Is it simply when you feel "bummed out" because so much is going on in life? Will it pass? How much of this is normal? When does it start to get dangerous? Why do some people commit suicide?

Sometimes you feel totally alone, really alone, maybe physically tired and very misunderstood by everyone. It seems as if no one really gets where you are coming from, and most of the time, neither do you. If these feelings seem to be a major part of your life and you continue to feel "shut down" or "shut out" of life, you may be experiencing depression.

The Battery

Think of a battery in your car. Each day, you expect that your battery will provide the needed amount of power that it takes to start your engine. Sometimes, when your car doesn't start, the battery is considered dead and out of "juice." It doesn't matter how powerful an engine is, the battery has a crucial part in the performance of the vehicle.

When someone is depressed, the nerve cells are unable to transmit the impulse to the brain that helps us to cope. These natural impulses provide the "charge" that helps humans to endure with day to day existence. They allow us to "pick ourselves up" when things are not going our way. They give us a sense of energy that feels like a natural part of our existence. It does not mean that we will necessarily feel happy, but we may feel more capable of pulling from our inner strength and "problem solve" more easily.

When you are depressed, your battery is out of juice, and you (the car) are not going to be able to run efficiently, no matter how hard you try. It is important to find a means to produce the energy needed to get you back to normal.

Sometimes, individuals will need medication if the diagnosis is serious. Others may have to change their lifestyles, cut down on the late hours, regulate their sleeping patterns, stay totally away from drugs and alcohol, eat healthy with more regularity and consistency, and create time for physical activity. All of these methods can be a natural means of creating more energy and balance in your daily life.

The Well

The problem is that when you are depressed, the last thing that you feel like doing is change. Depression is its own comfort zone because you tend to shut out the world and the emotion that comes with it. It's like stepping into a well. Carefully, we edge down the sides where it is darker and the world slips further away. Eventually, we hit the bottom and we stay there because it allows us not to deal with our problems. Sometimes, we find that sleep is our best escape, and instead of using it to refurbish our bodies, we find that it is a way to block out the pain.

When people experience depression, they are often unable to deal with their frustrations, and find that anger is forever controlling their behavior. The smallest things make them rage. Friends and family start to withdraw from them to avoid confrontation. It's like having an elephant in the house. Everyone stays out of the way.

This does more damage than good. It may take away some major confrontations and arguments, but it also enables the person to continue to gain "control" of everyone and everything through their negativity. This is not only hard on friends and family, but in a sense, gives the person permission to deny that there is even a problem.

Friends slowly disappear; being with the family does not feel comfortable; a job may be lost; grades are "down the tubes"; the quality of life seems to slip away.

You hear voices calling for you. You see a dim light at the top of the well. Hands are reaching down to you, but you don't know how to climb up where it is safe. You feel distant and hope seems remote, but there is a way to get back to living a good life with those whom you love.

Dealing with Down Times

1. Start a journal. Write about your day. Decide on the form. Maybe it will be poetry. Maybe it will be a drawing. Commit time to create a reflection of each experience. If it was a particularly tough moment, and your work is full of anger, then rip it into tiny pieces and throw them into the trash where you hope this day will stay.
2. We said that Physical Exercise creates its own positive feelings. Chart how much time you spend exercising, working out or playing sports each day. Start with ten minutes...work up to thirty minutes plus.

3. Create some "down" time, not like sad time, but time in your own space. Read a great book or magazine that you love. Put on some mellow music that allows you to "space out" and lets your body relax. Once again, thirty minutes is doable.
4. Take time for an old friend. Make sure that this friend is a positive person. Call them up, and ask them about how their life is going. It may be tough if it has been awhile, but it might be a chance to find an old piece of yourself that you have missed.
5. Eat healthy food. Cut out all the sugar as it sets you up for such highs and lows. Find something that you like. Salad and pizza might be a good start. Try drinking milk or water instead of soda, or finding some protein snacks.
6. Find a way to do some "Acts of Kindness". You may not believe it, but when you do nice things for others, it really makes life better. This one is guaranteed.

***When someone is depressed you experience a
loss of yourself.
You don't know if you will ever feel successful again,
but you are actually surrounded by a
community of support, whether it be friends, family,
teachers, counselors,
or even your caring neighbor or clergyman.
Look around you. Be willing to change.
Ask for help.***

What do you think is the difference between depression and just feeling sad? Why?

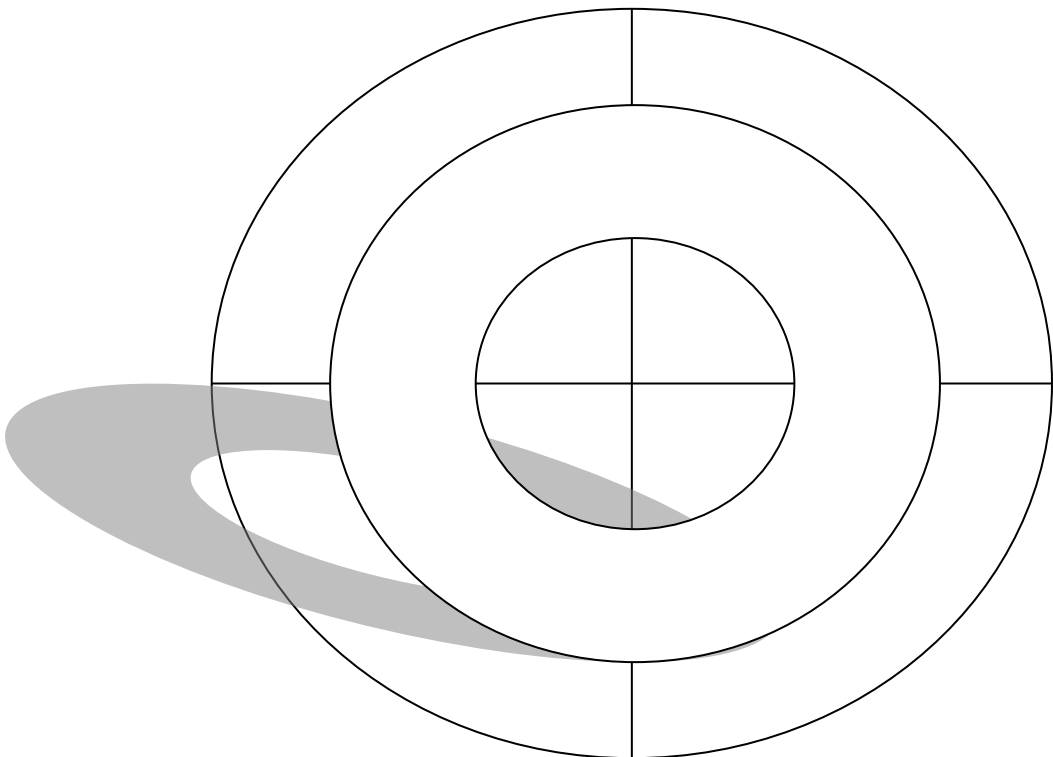
What are reasons that cause people to get depressed?

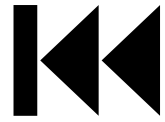
What are positive ways that can help people work through their depression?

Are some people just naturally happier than others? Why?

Who is your support system during the sad days? What kind of comfort is given to you?

- *You are the inner circle. The one that has a shadow. Write words in that circle that describe you.*
- *In the 4 inner sections, put 4 names of the most important people in your world.*
- *On the outside of your inner circle, write those four parts of life that influence you every day.*
- *If you had a choice, what names or words would you change in this diagram? Cross them out. Replace them with a better choice for you.*





Save your thoughts.

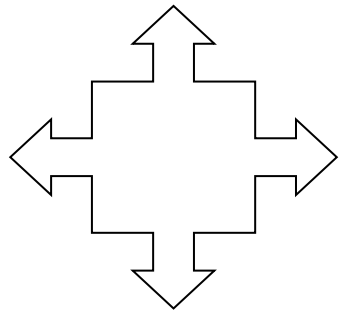
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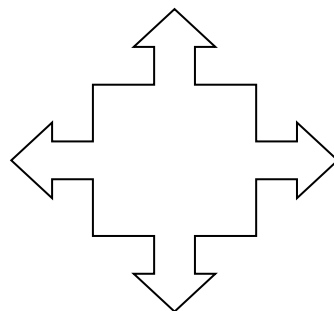
Challenge 4

Abuse



Challenge 4

Abuse



***Abuse in any relationship can be physical, sexual, or emotional.
None are acceptable.
None are the fault of the victim.
None should be tolerated.***

Rule #1:

If someone harms you in any way, such as: slapping, shaking, twisting, kicking, punching, etc., you need to get out of the relationship. It will only escalate through time, and could cause you serious emotional damage as well.

Rule #2:

If someone tries to control your life, your choices and your behavior, you need to let him/her know that you make your own decisions. Although there should be compromise in a relationship, it is crucial everyone has the right to their own opinion without feelings of guilt or remorse. If these decisions are not acceptable to both people, then the relationship may not continue. Each person has the right to make that choice.

Rule #3:

If someone continues to humiliate you or make you feel uncomfortable or foolish in front of others, he/she is trying to boost his/her own self-esteem by making you look "less than". Relationships thrive by building each other's sense of self, so that each person can be the best individual possible.

Rule #4:

If someone constantly attacks you verbally or physically because of constant jealousy, you need to be cautious. Often times, teens will say that this is a form of attraction because it "lets them know that someone really cares about them." Jealousy is destructive. It takes away your personal freedom, and allows someone to control your life. Each person should have the ability to have friends of both sexes, a time to be with them, and a sense of space. No one should control your positive interactions and relationships with others.

Rule #5:

If someone threatens to harm you if you leave the relationship, you should sense that they are in a very unhealthy state. You need to let your friends and family know of your fears. If this person does not allow you to move on, then you may need to get a restraining order from the police. You both may need some personal counseling to get through the separation.

Rule #6

If someone makes you feel accountable for their decisions, it may be a form of emotional abuse. People often like to blame others for what they did. It takes away their guilt, and makes YOU the responsible party. Often times, this involves threatening you with their actions, so that they can control and manipulate your behavior.

Rule #7

No one should feel obligated to have any kind of relationship with another person unless they so choose. Any forced sexual penetration, whether from a boyfriend or a stranger is considered rape. This needs to be reported to a parent for possible direction and support. A police report should be considered.

Rule #8

If someone neglects you, in terms of providing basic safety, health care, supervision, nutrition, emotional education, housing, you may suffer physically, socially, and emotionally. Not all parents are able to provide the support systems needed because of poverty or mental instability. Nevertheless, we can never work hard enough to provide a safe environment for all children. The effects of neglect, even before the age of two, can create a lifetime of insecurity in terms of trust and healthy relationships.

What are unhealthy signs in any person's behavior that you need to be aware of in a relationship?

Balance

All relationships have "ups and downs." Jealousy might be an issue now and then, but you can always "talk through" situations, helping each other to understand individual perspectives and points of view. It is usually more about insecurity than it is meant to be harmful. However, some people do not wish to talk. They don't care to compromise, nor do they hope to change. They simply want to control, whether it is what you wear, what you say or whom you see.

Many times, when people don't share their wants and needs, it is either because of intimidation by the other person or lack of self-esteem. You look at your relationship as a "gift". With this comes a great deal of fear and stress. When relationships are so one-sided, it enables one person to be extremely controlling. No matter how hard you hold on, this type of relationship will eventually dissolve and take you with it.

***It is crucial that in any relationship, there is mutual respect.
Both people need to genuinely care about the other
person's priorities.***

***Although the best times in life can be about spending them
with those whom we care about,
it is also important to realize that few are perfect.
Relationships are about discovering reasons
to appreciate each other,
accepting imperfections (that are not abusive), and
creating a balance in your life that includes
other friendships as well.***

Effects of Abuse

How can abuse affect one's future?

Teens, who have been abused as children, often times take this trauma into future relationships. Unfortunately, the inability to trust and the lack of self-worth seem never-ending. Even physical closeness, such as touching or kissing, becomes a struggle because of abusive relationships. Sometimes, it works in the opposite way, where a teen may end up looking for love with anyone or everyone. Frequently, a victim tends to select another overbearing, abusive relationship in the future. It is what they know and, subconsciously, they feel it is what they deserve.

When you are in an abusive relationship, it takes a great amount of courage to step away from it. Usually, abusive people are so controlling, that no one sees the damage that is taking place. Often times, it isn't until the relationship is over that the victim can see it. Because the abuser has made the victim feel guilty and ashamed, it is important to take time to process this part of life with a professional support system.

Why do people stay in relationships that aren't necessarily good for them?

Why is it dangerous for people to stay in an abusive relationship, not just today, but in terms of their future?

The best way to find help is to use that trusted person, hopefully a parent, or a guardian, to help create space from the abuser. You need to be firm and consistent. If you allow this person to beg and tearfully persuade you to be back in the relationship, then you are setting yourself up for further pain. It is a cycle that continues to repeat itself. First there is commitment, then there is the abusive reality, then there is emotional and physical pain. You may be persuaded back, but understand, that the next two parts of the cycle will follow, reality and pain.

If you fear for your safety, you must make a report to the police department. You may need to provide yourself with some distance from the person, perhaps living with another relative, until you can find a way to create some peace of mind and stability in your life.

Whom do you feel likes to have control over you, including: a friend, a peer, a parent, a pet, an enemy? Explain.

When do you think that you try to have too much control in a relationship?

How do you know when a friend is in a bad relationship?



Save your thoughts.

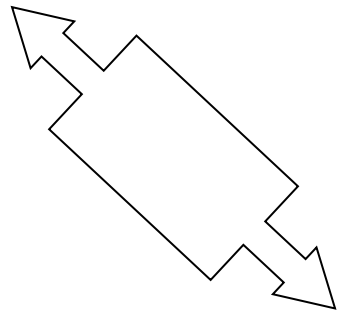
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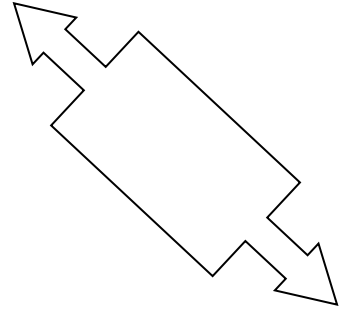
Challenge 5

ADD/ADHD



Challenge 5

ADD/ADHD



You will succeed!!!

Attention Deficit Disorder is defined as "that individual who has difficulty concentrating, shows disorganization, and impulsiveness." Attention Deficit Hyperactivity Disorder includes the former symptoms, adding "overactive behavior."

A baby comes into this world encouraged and supported for being spontaneous and inquisitive. Then the child attends school and discovers that his/her impulsiveness is now inappropriate. The teacher and the parent become concerned because learning doesn't seem to be taking place. Now the child's confidence is replaced with insecurity and a fear of not being able to learn.

Research on ADD/ADHD, states that this particular gene affects the brain's relationship to dopamine. This difference causes teens to constantly crave stimulus and seek those sensory experiences around them.

Teens with ADD/ADHD often feel labeled and incompetent, but they need to realize that there are many options for them in creating a successful life. It just takes an awareness of the very real confusion this disorder causes in terms of learning. Therefore, sometimes it means that a certain strategy for completing assignments, a plan for providing planned or written directions to yourself, a position in class or in groups that gives you better access to notes or lecture, may be a beginning for creating success and confidence.

ADD/ADHD makes it difficult to learn and process in a traditional setting. However, often times these individuals find their niche when given the opportunity to invest in what they love. Their skills in communication often surpass the norm.

Remember that many of the artists, actors, business investors, sales and marketing distributors, who, in order to be successful, have had to be more creative, more open to stimulus, more charismatic and more inventive than the average person. Many of these characteristics belong to someone with ADD.

The most important message that teens with ADD/ADHD need to believe is that there is a place in this world where their giftedness can develop. Often times, there are changes that naturally occur within human development that help to create better focus. Teens with ADD just need to find the best opportunities, support for success, and a means to develop the talents that they naturally have.

What makes you feel really hyper? Is it a good feeling or not? Why?

Hyperactivity

This characteristic of ADHD simply means that the teen has **extreme** restlessness. The individual's body can simply not relax or sit in place without a huge need to get up and move, look around and interact.

When kids are super-active in class, how do the other teens view them?

Do teachers/adults view them differently? Why?

Disorganization

Although we can all identify with this characteristic, for an ADD person, disorganization becomes the greatest problem. Often times, it means that everything is everywhere. There is no sense of direction or order. Things are constantly misplaced, lost or buried under a pile. When concentration is impossible, one can only imagine the frustration of not being able to organize one's environment.

During the process of growing up, many teens have found ways to adapt to their own behavior. Despite their frustrations with learning, they are often very social, usually well-liked by their peers, funny, entertaining, artistic, dramatic, and very communicative.

Unfortunately, many still have to face average to poor grades, problems with expectations from school and home, and an inability to follow through with responsibilities.

Often times, when discussing a teen's history with his/her parents, one parent will identify with the teens behavior. Parents recognize those similar symptoms that they had growing up. They frequently feel shame or embarrassment that they have passed on these genetic symptoms to their teen. However, parents need to be reminded that they have found a way to adapt and be successful and, likewise, so will their teen.

Sometimes, there is medication that can help stabilize this disorder, but most parents fear problems with overmedication. Likewise, teens often feel that this is just another way for someone to change their personality and control their lives. It may however, be a viable possibility if it is diagnosed as necessary.

When could hyperactivity be a disadvantage?

Success is ahead!!!

Teens with ADD/ADHD often feel labeled and incompetent. This is a total injustice, since there are great possibilities for concentrating this energy in the right direction. Remember that many of the greatest artists, actors, business investors, sales and marketing distributors have had to be more creative, more open to stimulus, more charismatic and more inventive than the average person. Many of these characteristics belong to someone with ADD.

When could it be an advantage to have tons of energy?

The most important message that we can share with the ADD Community is that there is a place in this world where their giftedness can develop.

They may have to take the road to learning a bit differently, but opportunities will come, and they will succeed.

What are the challenges for anyone who has ADD/ADHD?

Whom do you know has ADD and is major success?

List their greatest strengths.

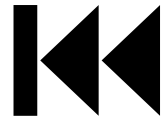
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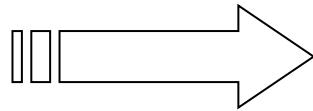
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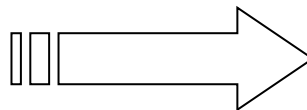
Add a sketch, quote, drawing or message that works for you.

Challenge 6

Anger



Challenge 6



Anger

Anger is one of the many emotions that are a necessary part of normal, healthy living. Anger helps us to set our own personal limitations, in terms of what we feel is acceptable or not. If someone never experienced any type of anger, we could assume that they were "stuffing" their emotions, or living in seclusion from day to day experiences. It is how we express anger that makes a difference in terms of the quality of our lives.

Anger, without control, can be destructive and dangerous. Since the range in this emotion, can begin with a mere irritation and end with total devastation, it is important to acknowledge those parts of life that "push our buttons," and decide how to manage our anger in an appropriate manner.

Since so many various events and personalities can trigger emotion within us, it is important to try to keep our frustrations under control. Otherwise, we would find ourselves "bugged" about everything.

Anger feels "right"

Anger, just doesn't go away on its own. At first, there is a biological and physical component that occurs, where we get this adrenaline rush, and our whole being seems to become immersed in the emotion. That's when we often get in trouble.

Initially, anger feels right. It feels justified, and what we say and do at the moment, seem like a normal response to a certain situation. Therefore, we may shout and rage or worse, and increase the level of anger within us. This usually leads to uncontrolled confrontation, either verbally or physically. That's when it really gets out of control.

Even when anger feels so "right" after the initial response occurs, it often feels so awful after the confrontation is over. The words that fly back and forth in an argument seem so foolish when it is all over. How many times do people say that they wish that they could take back some cruel or inhumane word or action? But, you can never take those moments away; you have to live with what you said or did. We all do.

What types of people or situations make you angry?

Sometimes, anger is a result of feeling threatened, and it is a necessary part of survival. This is a time when people need to develop boundaries. Boundaries are those invisible lines that keep us in a safe place. We all expect to put up with a certain amount of frustration, but when we feel that someone is constantly taking advantage of us, or makes us feel "emotionally" beaten, anger is healthy. It allows us to take control of the moment, and not enable someone to treat us disrespectfully.

What kinds of damage can't be fixed when you are angry?

How should we show anger?

There are various ways of approaching anger that are effective within different types of experiences.

It is important to be assertive with your anger, meaning that you are very clear that something is upsetting you, when and if that is possible. Being assertive does not mean that you are hurtful, in fact, it means just the opposite. It infers that you get your point across while being respectful of another as well as yourself.

There is a tendency for people to choose "fight or flight," meaning that you either step into an argument with the feeling of confrontation, or you simply "take off" and don't deal with it.

Most of us find that we do one or the other more often, yet neither of these behaviors are the best choice. In one case, you are ready to "go after the person" while the other infers that you are trying to hide from reality. It is important that you find a way to "hold your ground" without doing damage.

In fact, if you don't express your anger at the given moment or to the specific person, it may end up getting suppressed. That just means that you will save your anger until some poor person happens to say the wrong thing at the wrong time, and then you will "beat them up" verbally. Or, you will bring about more stress for yourself by becoming depressed, anxious, or a nervous wreck.

And, what if you never express any angerthat is pretty scary. In fact, some people who never express anger, often seem embittered to the world, and are constantly critical of others. They enjoy putting other people down, and can be extremely controlling through manipulating others. This is definitely a power trip that is unhealthy and is their way of disguising their anger.

When is anger a good thing?

Family Models

If someone were to ask you in which category you fit, you would most likely know. We have all had moments when we had to exercise great control, and carefully select which actions and words would best describe our anger without getting ourselves into trouble. Sometimes, we do a great job and other times, we are a mess. We all respond differently depending on our personality type, our genetic predisposition, our role models and our social culture.

We learn from our family structure and experiences. That is all that we know as we are growing up. If our parents raise their voices and shout then we will most likely follow their habits. If someone is allowed to physically strike another, then the person will see that as a norm, and will often strike others when angry. If a parent never expresses anger and does not teach family members how to deal with those feelings, they may be unable to communicate their frustrations in a healthy way. Therefore, if you are yelling at your teen and he starts to yell back, don't be surprised.

Finally, some teens make a conscious choice to develop positive communication skills despite the ineffective models in the lives.

Therefore, we have so many outside forces to blame our bad disposition upon that we may avoid looking at ourselves. The truth is that we can blame whomever we want, but ultimately we are responsible for our own behavior. So even if our parent, our best friend, our boyfriend or girlfriend have issues with anger, we still have the responsibility to respond in an appropriate manner. Just remember that you maintain the CONTROL in an argument when you refuse to overreact and allow someone to "Push your Buttons."

How do different people show their anger?

So where do we begin? Some internal rules may help.

1. When we feel that our anger is getting out of control, we may need to provide ourselves with some space. Simply moving away from the situation or person, may be healthy. Keep your body language in check, and stay calm. Perhaps you might say that you have some things that you need to think about and you need a few moments to yourself.

2. Many times, people are tired when they are angry. OK, you have had a rough day. Maybe it was full of disappointment. Maybe you are still carrying the heartache from last week, or the grief from last year. Disappointments weigh heavily on people, and sometimes it takes awhile to sort through them. Usually, when people have more positive energy, they become more open to discussion and are not so irritable. Practice patience.

3. If certain phrases, certain people, or certain attitudes ruin your day, try to avoid them. Stay around people who are positive. There are enough negatives in this world to confront when the time demands it. Maybe it might take sitting next to a different group of friends, or driving a different route home, or not drawing attention to yourself from a teacher or boss whom you don't like.

Try to make your life as easy as possible when avoiding those moments that continue to set you up for everlasting frustration.

4. Try calming yourself down. Take some big breaths. Count off to yourself to five or ten before you respond. Say "Calm down" to yourself internally. "This isn't worth getting out of control." Or change your internal language from, "I hate this day," to "Ok, this is a bummer, but I

can live through this." How about from "I hate you" to "This just doesn't seem fair." This is not letting a person "off", but it allows you to take a break and not let this person or situation take control of your life.

5. The more that you acknowledge your anger, address it with the person or situation, and maintain a sense of control, the easier it is to let it go. Anger, without some restraint, overtakes one's whole being, making one miserable. It also affects the lives of those whom you care about. An angry family member can ruin the brightest morning, the happiest event and the greatest achievement. Be selective about what you allow to make you angry. Make sure that it is important enough to respond to, and then do so with some thought behind it.

Anger, like any other emotion, is a choice. All emotions can be developed into healthy responses. Anger needs to be checked and evaluated in order to provide peace of mind for ourselves and others. Otherwise, you may be that individual who is emotionally abusive, or dies of a heart attack at an early age because of stress that you put upon yourself and others.

If you try to stay calm, but are always out of control and you feel that your anger is doing damage to relationships, you might seek help. Sometimes, just talking about what makes you angry, helps you see a better day. Speaking to a professional allows you the freedom to receive an objective point of view. It is often an opportunity to provide healing for some of the issues that continue to hurt.

What are some ways that you deal with your anger?



Save your thoughts.

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Add a sketch, quote, drawing or message that works for you.

***Challenge 6/*part 2**

Violence and Bullying

Challenge 6/*part 2*

Violence and Bullying

Violence causes more injury and death in children, teenagers and young adults than infectious disease, cancer or birth trauma. Nearly one in three young people between the ages of 14 and 20 are involved with violent dating behaviors. Teens, who were bullied as children, are seven times more likely to be part of an abusive relationship (AMA).

Bullies are all about control. They participate in forms of harassment, discrimination, prejudice, abuse, persecution, conflict and violence. Because they threaten their victims, they often remain unidentified. They are individuals who have not taken responsibility for harming others and refuse to acknowledge the pain or humiliation that they have caused.

Most bullies have low self-confidence and are insecure, afraid of the world around them, so they take control and victimize anyone who cannot defend him/herself. They are usually full of hate for others, and in fact, hate themselves. Their world is about jealousy and envy, often feeling threatened by rejection from others.

Often times, bullies work in groups. They need the security of knowing that they are “in control” and “use” others to do their “dirty work”. Bullying comes in a multitude of forms, including:

- criticize
- ridicule
- ignore and reject
- threaten someone with force/weapons
- inflict unwanted sexual behavior
- humiliate
- use technology to ruin someone’s reputation
- force certain behavior

Do you recall a time when you were younger and someone bullied you or a friend?

You can avoid violence and danger by being aware of the following:

- be aware of what surrounds you in terms of place, time and groups
- practice defensive moves if you need to get away from someone
- create your own group of friends, numbers help
- hold on to your own set of values and integrity, show confidence in who you are
- be independent, walk away
- watch those who harass others, due to sex/race/physical size/age etc., stick up for them if possible
- find a mentor, coach, teacher, relative, who can help you find the support that you need

What kinds of ways would you describe the bully that angers you the most?

Have a conversation with the following people. Write down what you would say or do to support them.

My cousin is afraid to walk home from school. Some of the “popular” kids make fun of her when she walks by and some threaten to “beat her up”. What can she do to feel safe?

One of your good friends is afraid of a bully in class. This person hangs out with his gang, and steals your friend’s money, books, whatever he can take. Your friend has decided to bring a gun to school to protect himself. Since several hundred people die each year from accidental gun shots alone, you know that your friend is in worse jeopardy. You want him to be safe, but what can you say or do?

The “mean” girls have chosen your brother as their next victim. It doesn’t matter what he does, they find something to criticize. They make him feel like he is worthless and he hates coming to school. You are afraid that it will never stop. How can he get his “power” back?

Write about your own example of being bullied as a teen... what happened?

Would you have handled it differently today?

Write a poem, a song or a message to bullies throughout the world.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Design a banner about the importance of believing in you!

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Challenge 7

Anxiety/Stress

Challenge 7

Anxiety/Stress

Experiencing occasional anxiety and stress is a normal part of life. However, people with anxiety disorders frequently have intense and constant worry with a sense of fear. When you can't seem to break through the fear and the anxiety doesn't let up, you could be experiencing a panic attack.

These feelings of anxiety and panic interfere with our lives and are difficult to control. They can start when we are children and go into our adult years. Examples include: fear of tests, driving, social situations, speeches, being apart from someone, heights, even being in the dark. There are thousands of examples, as each person reacts to situations differently.

What are some fears that you have experienced and that you think about frequently? You would be surprised how many other people worry about the same things.

What do you do to help you control your fears?

People often refer to the "flight or fight" syndrome, which means that when we are in a place or with a person who is threatening, we make a decision to either "take off" (flight) or "step up and face it" (fight).

For example, maybe your fear is heights, meaning that when you look off of a high building or a mountain or even look down from the top of a ladder, you might get so scared that you feel physically sick. Many people choose just to stay away from high places, but others may try to break the fear. They might approach heights gradually, taking a few steps up at a time. Instead of climbing a mountain, they might try a small hill. Most importantly, breaking through the anxiety and fear takes time and practice. Also, breaking any habit or fighting through the stress takes patience.

What would you suggest to this person?

Every time Frank wants to talk to a girl whom he has a crush on, his hands sweat; he can't think of anything to say, and he doesn't keep any eye contact. He is really frustrated when he sees his friends talk to girls all the time. He finds that when he isn't "interested" in the girl, he is fine. But, if he really likes her as a girlfriend, he loses all confidence. In fact, he feels like a fool. What would you tell him to do to break through the stress. He usually is in the "flight" syndrome, ready to take off and avoid the girl altogether.

Usually, if you try a few simple strategies, you will be more successful. Don't make the goals too big, or you will set yourself up for defeat.

Try this one. Mr. Jones is known for being a bully. He coaches the football team and also teaches science. If you are student that doesn't come prepared, or doesn't participate, he will humiliate you in class. Therefore, when science class comes around, you might ditch it. For the most part, it is only a temporary "fix" because Mr. Jones owns your grade. How can you figure out a way to take his negative attention off of you. By the way, he is the only teacher who teaches the class that you need for graduation.

"Flight" isn't working and "Fight" isn't the right word. You need to figure out how to control the situation while keeping him on your side.

Advice?

What do you feel like when you are really nervous?

Make a list of the ten most common times that teens experience anxiety or stress. What types of challenges does your generation face that are unique to this time in history? Sometimes, when we talk about the experiences that we are faced with, we are able to see that we aren't alone, and that our fears are a normal part of growing up.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now decide as a group, which are the top three reasons. Draw a circle around the numbers that you think are most common.

How do most adults handle anxiety and stress?

What do you learn from those adults in your life? Is there a way out?

Discuss with the group.



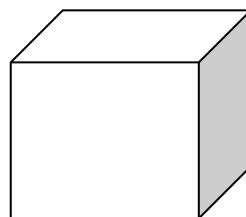
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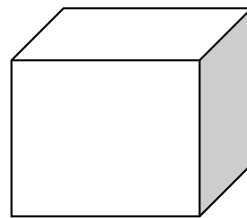
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Challenge 8



Challenge 8



Addictive Behavior

Addictive behavior is when any activity, object, or behavior, has become the “obsession” in a person’s life. Sometimes, it even starts as a healthy activity, such as running or weight lifting. But, whenever it becomes so exclusive that it becomes a habit that a person obsesses about “24-7”, an imbalance occurs. This means that it becomes harmful to the individual, in terms of personal relationships, physical wellness or mental instability.

Most of us think about Addictive Behavior in relationship to using drugs/alcohol. Those addictions seem to be the ones that most people talk about, and where evidence of psychological dependence seems most obvious. However, any bad habit, which causes us to act compulsively, which means acting without any kind of rational thought, could be considered an addiction.

Can you think of one that is unusual? Example: ditching school.

People often obsess with texting, technology, eating or not eating, gambling, anger, relationships, working, not working, studying, and shopping, along with hundreds of other options. Yes, it does sound like any activity could potentially be a problem, if it becomes a habit that is out of control. Therefore, many of us look at these examples and think, “I have several addictive behaviors, too.” Most of us do.

You may also wonder if that is a dangerous statement. The answer to that thought can only be answered by the individual. Everyone has habits that are just part of being human. People drink too much coffee, obsess about a guy or girl, or are constantly taking in sugar.

Are these behaviors a problem? When could they be?

Should I work on change? Well, is the caffeine making you crazy? Does the person feel uncomfortable when you are around? Have you gained twenty pounds in the last few months? Addictive behaviors come in all shapes and sizes. Some are obvious; some are well kept secrets. All need to be looked at if there is a sense that “this habit makes me feel out of control.” Here’s the good part. There is a way out...

Teens wanted to be empowered to support and build a community of peers who would be 100% behind each person. Teens discovered that the 12 step program was just an easy way to connect with rules that could apply to anyone’s life. And most importantly, no one needs to know what **your** addiction is. **You are not your addiction.** It is simply part of your behavior...and it can be changed if you want. This group reminds you just how important you are. *Every teen has something to offer this world.*

What are the most common addictions that your friends are into?

Do you think that everyone has at least one addictive behavior?

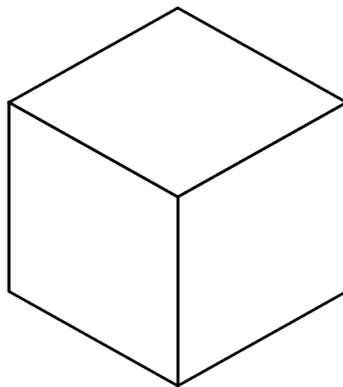
What is worse...having an addiction to driving fast, or having an addiction to heroine?

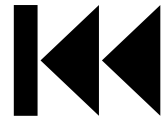
When do you think a person should start thinking about making positive personal changes?

One teen described having an addictive behavior as being trapped inside a box. What do you think he meant?

What do you think are the greatest challenges for teens in terms of "getting outside that box"?

How can they be empowered to get out of the walls of any box?





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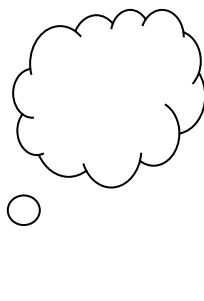
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Challenge 9



Grief

Challenge 9



Grief

Many teens have been exposed to more losses than their parents have experienced in their lifetime. Maybe it's because cities are bigger today, more cars are on the road, violence is rampant, or diseases, such as cancer, touch so many families. Whatever the experience of loss is, grief is a natural process that each person goes through, both emotionally and physically, in order to heal. There is no easy way to get through grief, but the right kind of support and processing can help us find a road that will get us through our losses.

It is important to acknowledge those feelings that often come when a severe loss happens, such as the death of a friend or family member. Initially, many people feel just numb. There is a sense of disbelief. It feels surreal, as if the moment was happening in another place or another time. Beneath the entire trauma is a hope that this is just a dream, that the person will be back, and life will be as it was. Once the reality sets in, it often becomes difficult to concentrate on school or work or life. People go through many emotions including anger, about the injustice of it all and a complete sense of helplessness. We often look for someone to blame. Then guilt seems to set in. In most losses, there are words that were left unsaid and actions that people wish that they had taken, and we begin to blame ourselves.

Physically, it is hard to relax. One feels exhausted, but is often unable to sleep. One may experience weight loss or gain, have chronic headaches, upset stomachs, accompanied with low energy and fatigue. Everyday efforts seem huge and you may feel a type of comfort in just shutting down. Finally, you may tend to have severe mood swings, feeling so upbeat at one moment and totally full of despair at another.

If these feelings don't start "easing up" within a few weeks, a person may be falling into a severe depression. That's why it is important to allow yourself to try to participate in positive experiences after the loss has happened. They enable you to feel a renewed strength to cope with daily routines and experiences.

Did you ever grieve when you had to move, changed schools, friends?

Caution

Using drugs or drinking alcohol is especially dangerous during this time of grieving. These temporary fixes are only about escape and are always followed with a heavier sadness and deeper depression. Although they may feel like an escape, using drugs or alcohol when depressed is simply a means to avoid reality. When you become sober, you are still faced with the same loss and you will have to deal with your loss, no matter how you try to avoid it.

People grieve differently when they face losses. What do you do?

What is the worst way for trying to get through personal grief?

Give yourself permission to be with good friends, go to an event, a movie or a concert. Talk about your loss with someone who respects your feelings. Don't feel that you cannot participate in "fun" experiences out of respect for the loss of the person. It is important that you find a way to get back into the mainstream of life, and as difficult as it may be, creating a simple positive moment can create the beginning of healing.

Healing doesn't mean that you have forgotten about the importance of the person, nor does it mean that you don't care as much today as you did yesterday. It means that you are putting this loss on a shelf in your mind. It is not ever going away and will be there for you to retrieve and remember whenever you choose. The moment of loss does not have to be forever present in your daily existence in order for you to honor your feelings for the one who passed.

Find a shelf

If you don't allow yourself to focus on other aspects of life that have value or joy, then you will stay in the same place, never healing and going further into your depression.

Often times, group support is the best place to share grief. It is hard to trust others with your sadness if they haven't "walked in your shoes." When someone loses a person whom they have loved, it is a unique and tragic experience to that person. Each of us needs to know that we are not alone. Whether we are talking or crying or sharing with strangers, these connections allow us to feel a universal sense of understanding and we feel less alone in our journey of grief.

Each person's experience with grieving is unique to them. Just as no two moments in life are the same, no two people will process a death

or loss in the same way. Some feel peace or renewed hope after a few weeks, while others may take months or even years before they can let go and process their suffering. Frequently grief comes in waves, crashing into our minds, nearly suffocating us, and then pulling away as if the memory and the pain were beginning to fade. It can resurface time and time again, especially if another kind of loss occurs.

Sometimes, grief is locked into certain memories that we associate with significant moments with that person. Often, a holiday, a favorite movie, a certain place can trigger a huge feeling of loss. It is normal to feel so much pain. It is the hardest part of life, getting through our losses. It just takes work, concentration and time to get past the worst part of your grief.

What is the best way that you can help someone who is grieving about a loss?

Finally, what to do with such a feeling of emptiness...

1. Once again, talk about your feelings. Find those people who allow you to open up without reservation and fear. It could be a sibling, parent, neighbor, spiritual advisor, etc.
2. Write down your feelings in phrases or poetry. Many choose to write a letter to the person, whom they lost, letting them know their feelings.
3. Create a special moment in behalf of the person. Plant a tree, create a memory book, make a collection of pictures or put together music that you shared.

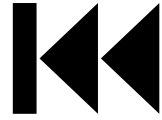
4. Allow yourself to remember. Recall those memories that were good for you both. Let go of those times that weren't the best. Allow yourself the freedom that only you can give to yourself.
5. Take care of yourself. Eat well. Get some rest. Exercise. It is about rebuilding the whole person, body and mind, together.

What kinds of mixed feelings do people have when they are going through grief?

Remember, also, that there are many other significant kinds of losses, other than death.

These include: divorce, moving, a pet dying, becoming physically or mentally impaired, losing a job, breaking up with a girlfriend or boyfriend.

The process of grieving through these various experiences may be very similar in terms of healing and finding comfort.



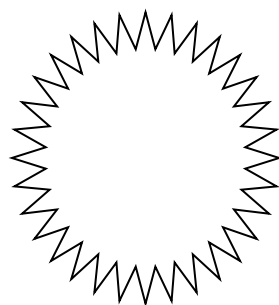
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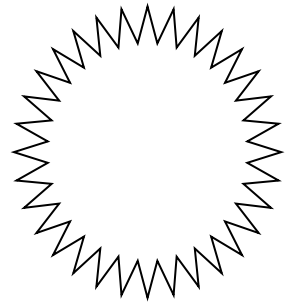
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Challenge 10



Personal Power

Challenge 10



Personal Power

Developing self-confidence helps us to get through those times that are challenging. If we learn to appreciate who we are at an early age, life doesn't seem to be able to "push us around" quite so easily. No one can become instantly confident, but there are ways that can help you to perceive yourself as the valuable person you are. It just takes some strategies; no one is born into total confidence.

Name someone in history who you think showed positive power.

Many of us feel very sure of ourselves in one way, and feel like total "losers" in another. Very rarely does anyone seem to "have it all." Maybe the word "seem" is the tricky word. People may come across as very sure of themselves, when it may be just the opposite. It's like playing a part in a movie. No one really knows the person you are, but you.

Personal Power

Just begin with accepting responsibility for who you are and what you are choosing to do with your life. It doesn't matter who your parents are, where you were born, or how you were raised. You have the power to control your own decisions, and no one can take that away from you unless you let them.

How do I give my power away?

1. If you allow someone else to make you feel uncertain, weak, unstable, unloved or unwanted, you have given them a piece of your power. No one has the right to control you or decide whether or not you have personal value. It is just a form of manipulation that others use over those who are less confident. Don't let anyone "put you down."
2. If you allow something or someone to change your lifestyle, your value system, your friendships and family connections, you have given your power away to that "thing" or person. Each of us needs to guard our personal power because it is the force that gets us through life.

For example, if you turn your physical and emotional attitudes into a vehicle for drug use or alcohol addiction, then you are left powerless. You are caught in a state of confusion without a direction or willingness to change. It is crucial that you deal with your addictive behavior. Only then will your sense of personal power return to you.

3. If you are obsessed with being with the "right" people, in terms of prestige, as opposed to friendship, then you have given your control over to another person or group.
4. If you are only into "buying, buying, and more buying", then you believe that things will bring you success and happiness which is just another kind of lie. Priorities should be centered on people, not things. We all want to live in a nice home, drive a good car and

have those "things" in life that provide us with fun and entertainment. However, when the joy of buying outweighs the appreciation of who you are and the people whom you love, there is a great imbalance in life. And, in fact, you have given your power away to the world of things.

5. Avoid using the word "try." If you walk into life with an "I'll try" attitude instead of "I will do this," you will most likely have LESS of a chance of succeeding. The word "try" is nice. It makes us feel less guilty if we aren't really planning to give 100%.

What things in life do you need in order to be powerful?

You can make it happen.

You have control.

You need to find the way that will work.

You need to feel your own sense of power.

6. Quit worrying. It doesn't do you any good. It's like replaying the same song over and over and over. You know the words by heart, but the lyrics get old and it starts sounding meaningless. But because we have played that song so many times, we just can't get it out of our heads.
7. Make a plan. Deal with your problems in a logical way. If it is a problem that you can do something about, do it. Quit waiting. It may mean connecting with someone with whom you had an argument. It may mean that you have to start looking for another job. It may mean that you need to study for a test.

8. Most importantly, if you can't control or fix the situation, then you probably should let it go. Start thinking about those things that you can accomplish. Seek out those people who will welcome you and the life that is possible, instead of dwelling on everything that is out of your control. It is a waste of your very precious time and energy.

***In reality, our power is our own truth.
It is not to be used by others.
It enables us to lead lives that are free from harm.***

Why is it important for each of us to feel that we have personal power in our lives?

Who has the power in your family?

When have you felt powerless?

When have you felt totally empowered? How did it feel?

What will help you to feel more empowered to do great things with your life, to be the best that you can be?

1.

2.

3.

Whom do you know that has overcome great challenges and is an example of personal empowerment every day of his/her life?

Write this person a letter, telling them how they have inspired you.



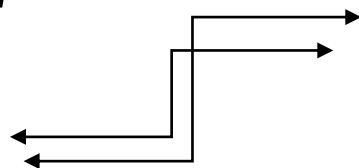
Save your thoughts.

Your responses in this challenge reflect what is important to you at this moment in life and can be used to support you both today and in the future.

What did you learn from this challenge that you want to remember?

Add a sketch, quote, drawing or message that works for you.

The Power of Connection



Joining the MPOWRD Movement

You've done something important. You've taken time to learn, to reflect, and to begin understanding yourself more deeply. The pages in this journal have been a place for honesty, for healing, and for growth.

But the next step - the most powerful one - happens when you step out from these pages and into community.

The U.S. Surgeon General recently identified *loneliness* as the greatest challenge facing your generation. While personal insight and journaling can spark change, *true healing and empowerment grow through connection*. That's what MPOWRD was created to do.

MPOWRD is a peer-led leadership and prevention program designed *by teens, for teens*. It's a place where you'll find belonging, encouragement, and a safe space to share what's real - without judgment, labels, or shame. MPOWRD meetings happen in schools, churches, and youth centers around the country, bringing young people together to support one another, discuss challenges, and discover their strengths.

It's about becoming leaders through empathy, honesty, and unconditional respect.

You can help bring MPOWRD to your school, church, or community. Talk with your school counselor, principal, or a trusted teacher or mentor about starting a group. Visit www.mpowrd.org to learn more about the curriculum, facilitator training, and ways to get involved.

Remember, MPOWRD isn't just a program. It's a movement of teens who *believe, focus, and commit* to building a better world - one meeting, one voice, one act of courage at a time.

Healing begins when we reach out, lift up others, and realize we were never meant to do this alone.

Name one adult mentor who you could share the MPOWRD program with to get MPOWRD peer empowerment support groups started in your school or community.

Check MPOWRD out at www.mpowrd.org today!



Keep this book.

It reflects your thoughts at an
important time
in your life.

Your opinion matters.

This is your voice.

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THE CHALLENGES YOU FACE ARE REAL. SO IS YOUR POWER.

Power Moves is a guided workbook that gives you space to reflect, process feelings, and build the confidence you need to move forward.

Inside, you'll explore ten challenges teens say impact them the most:

Listening & Letting Go – deciding what issues are worth your time and when to walk away

Friendship – recognizing real friends, handling disappointment, and building relationships based on trust and respect

Depression – understanding the “well,” finding your way back to energy and strength, and asking for help

Abusive Relationships – learning red flags, setting boundaries, and reclaiming your safety and self-worth

ADD/ADHD – seeing your strengths, building strategies and discovering your potential

Anger – understanding that there is a healthy way to respond to anger

Violence & Bullying – recognizing control, staying safe, finding allies, and building courage

Anxiety/Stress – breaking through fear, learning coping tools, and finding your calm

Addictive Behavior – understanding habits that take over your life and discovering your power to change

Personal Power – identifying what makes you strong, protecting your confidence, and shaping your future

Through reflective thoughts and questions, Power Moves helps you to validate those questions that challenge you while supporting healthy life decisions.



This book won't tell you who to be.

It will help you discover the power that's already yours.