

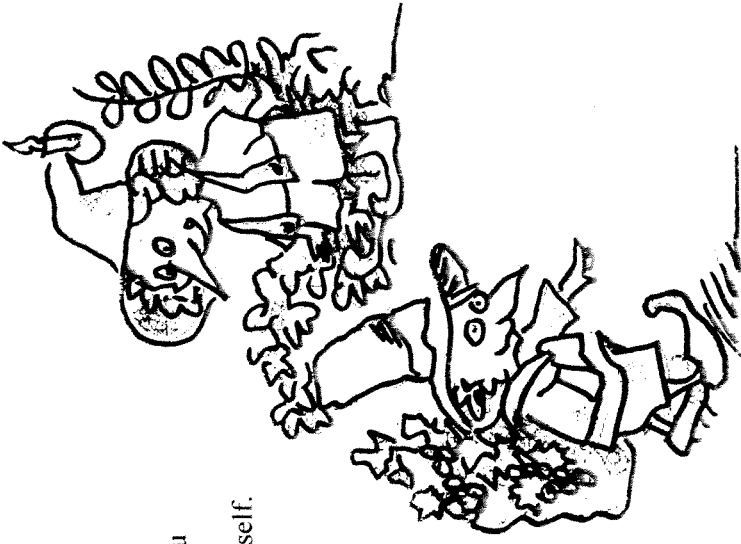
DIY HELP

(Helpful tips for tough times)



When you want something from someone else, ask. You will be ok if they say no. Asking is being true to yourself.

(Be Truthful)



When you can't think straight, stop thinking. FEEL

(Non-judgmental stance)



Let go. Nothing is usually the hardest thing to do but-often is the best

(Guidelines for accepting reality)



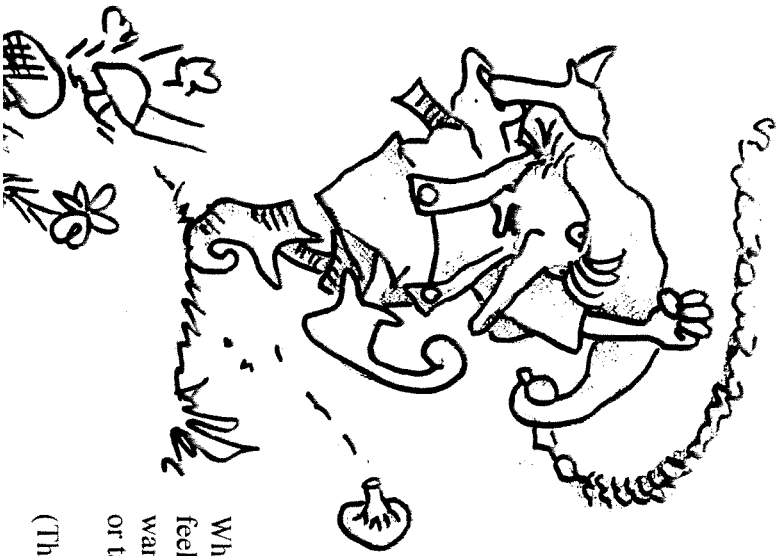
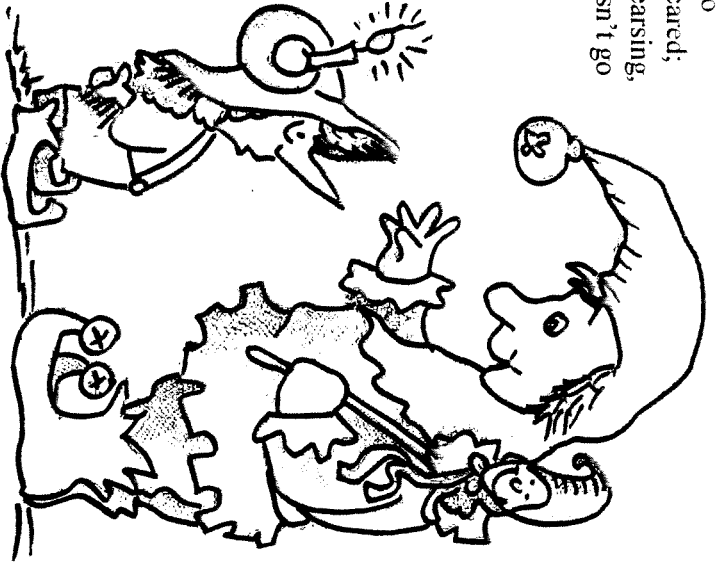
When you're hurt, tell the person who hurt you. Keeping it inside makes it grow.

(Situations for interpersonal effectiveness)



When you want to talk to
Someone new and are scared;
Breathe. Don't start rehearsing,
just plunge in. If it doesn't go
well, you can stop.

(Using relationship
Effectiveness)



When you're angry, let yourself
feel the anger. Decide what you
want to do; just feel it, express it
or take some action.

(The function of emotions)

When you feel alone,
know there are people
who want to be with you.
Fantasize what it would
be like to be with each of
them. Decide if you want
to make that happen.

(Improve: imagery)



When you're sad,
think about what
would be comforting.

(Accepts: Pushing
away thoughts)



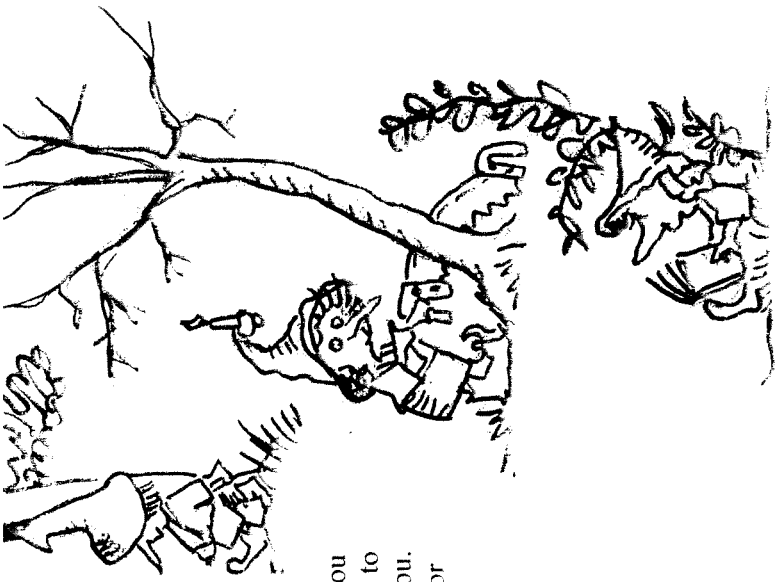
Take time to wonder.
Without wonder, life is
merely existence.

(Improve: meaning)



When things are in
Chaos and you are in a
frenzy, ask yourself;
What is right about now?
Chances are, you already
know what is wrong.

(Turning your mind)



When people turn you
down, it usually has to
do with them; not you.
Ask someone else for
what you need.

(Using objective
effectiveness)

When you see someone
else's hurt face, breathe.
You are not responsible for
making other people happy.

