

# Meme Triad: Choices (Problem-Focused)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

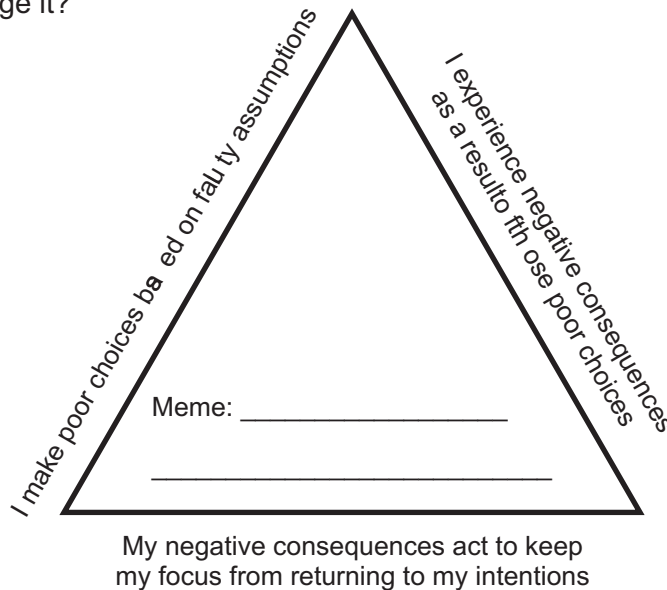
Sometimes instead of becoming emotionally aggressive towards others, we become emotionally aggressive with ourselves. This emotional aggression usually manifests as feelings of self-doubt and guilt. These feelings are almost always a result of our life choices.

In the 'Meme' space below, write a meme that has led to negative choices in your life. In the 'What' space below, list the choices you would like to make on your own, without input from family members or friends.

In the 'Why' space below, think of the times when you have made choices that led to consequences you didn't want. Why did you make those choices, and what could you have done differently? Be honest with yourself!

In the 'How' space, list ways you may doubt your ability to make positive choices. What would need to change so that you could make better choices? Are there some choices you might need help with?

After answering these questions, which side of the triangle would be the easiest to change? How would you change it?



What: \_\_\_\_\_

\_\_\_\_\_

Why: \_\_\_\_\_

\_\_\_\_\_

How: \_\_\_\_\_

\_\_\_\_\_