## **Meme Triad: Choices (Solution-Focused)**

Name:	Date:
As we lose the desire to be emotionally aggressive to secure with ourselves. This emotional security usual and stability. These feelings are almost always a result in the 'Meme' space below, write a meme that has lest in the 'What' space below, list the ways these choice your life and in your moods.	ly manifests as feelings of self-confidence ult of our mindful life choices.  Ed you to make positive choices in your life.
In the 'Why' space below, think of the times when yo consequences you wanted. Why did you make those make these positive, self-affirming choices in the future in the 'How' space, list ways you believe in your ability need to change so that you could continue make bely might need help with? How many can you make on yourself with something you enjoy!	e choices, and how can you continue to ure? Be honest with yourself! ity to make positive choices. What would tter choices? Are there some choices you your own?
	Lexperience positive consequences
Meme:  My positive consequel positive reality in	nces create a
What:	
Why:	
How:	