



## **Positive Life Changes: How Do I Get Along with Others?, Workbook 2 (Set of 5)**

*Nancy G. Guerra*



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Grades 6 to young adult. This research-based, program can be used in schools and other settings. It is designed to teach participants how to become more effective decision makers. They are empowered to recognize their strengths, identify challenges, overcome obstacles, and make life choices that have positive outcomes. Lessons cover topics such as sense of self, impulse control, anger, stress, friendships, relationships, peer pressure, empathy, goal setting, and evaluating consequences. The complete program includes a comprehensive leader's guide and a series of three workbooks. The main focus of this workbook is on helping individuals understand other people's points of view and consider how their actions affect others, how other people influence their actions, the importance of friends and healthy relationships, and how they can build a network of positive social support.



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