



# Teen IOP

# Participant Workbook



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SESSION 1: THE CIRCLE OF CONTROL: 1 - 4

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SESSION \_\_.

# SESSION 1:

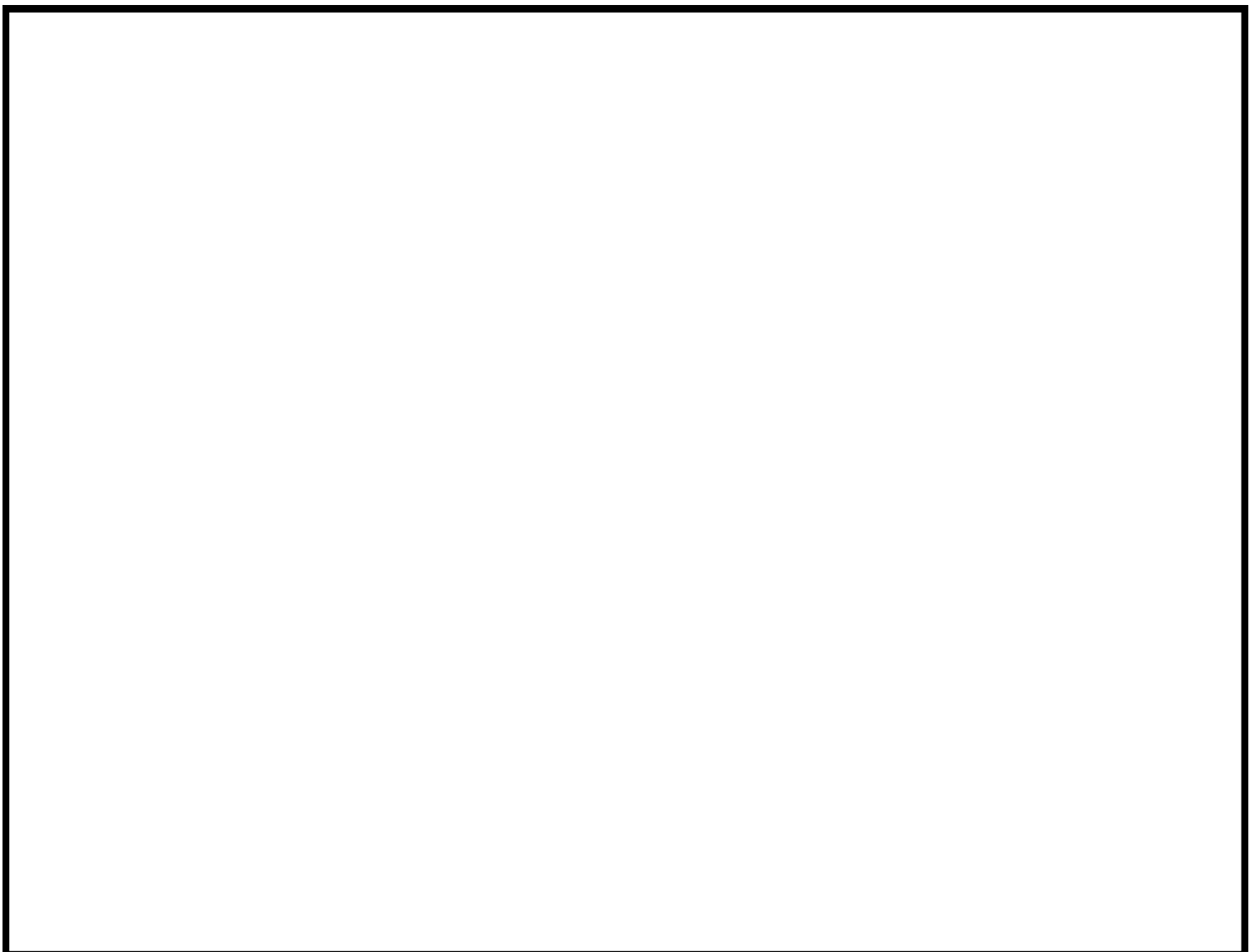
## CONTROL YOUR PRESENT, CONTROL YOUR FUTURE

OBJECTIVE: \_\_\_\_\_

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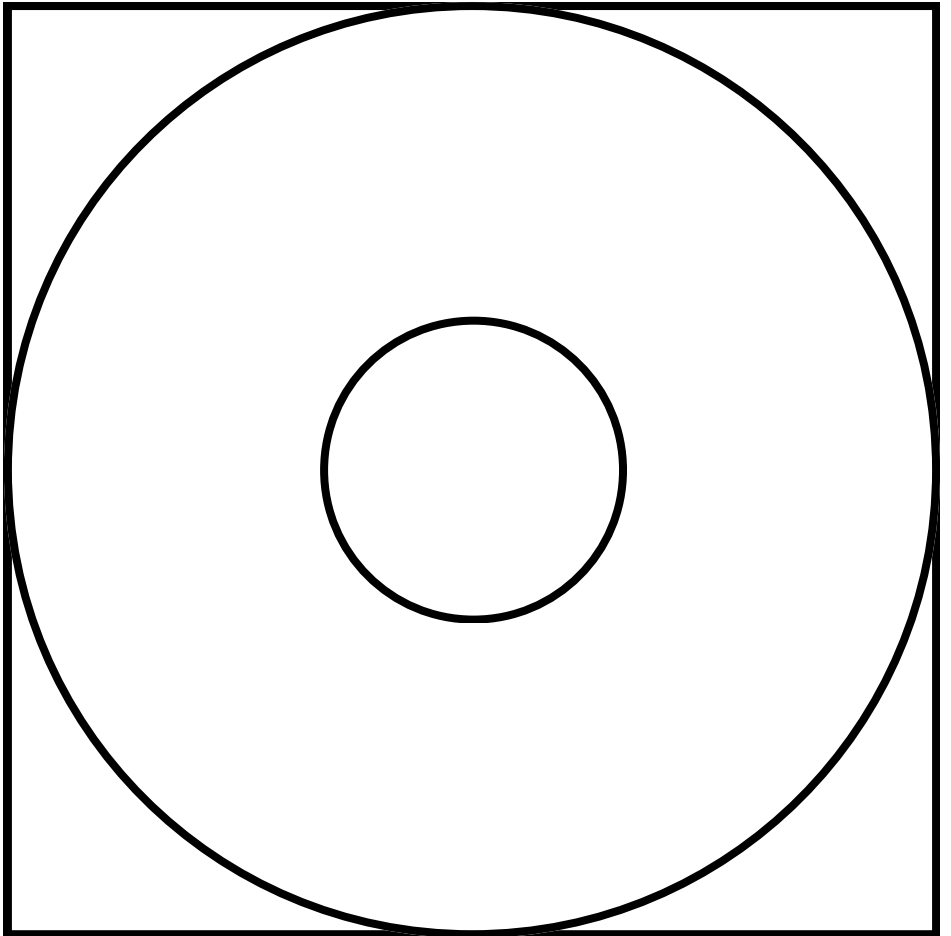
### DRAWING CONTROL:

DRAW AN IMAGE THAT REPRESENTS THE WORD 'CONTROL' TO YOU. IT CAN BE REALISTIC, ABSTRACT, OR ANYTHING YOU WANT. IT CAN BE POSITIVE OR NEGATIVE. WHAT DOES "CONTROL" LOOK LIKE TO YOU?



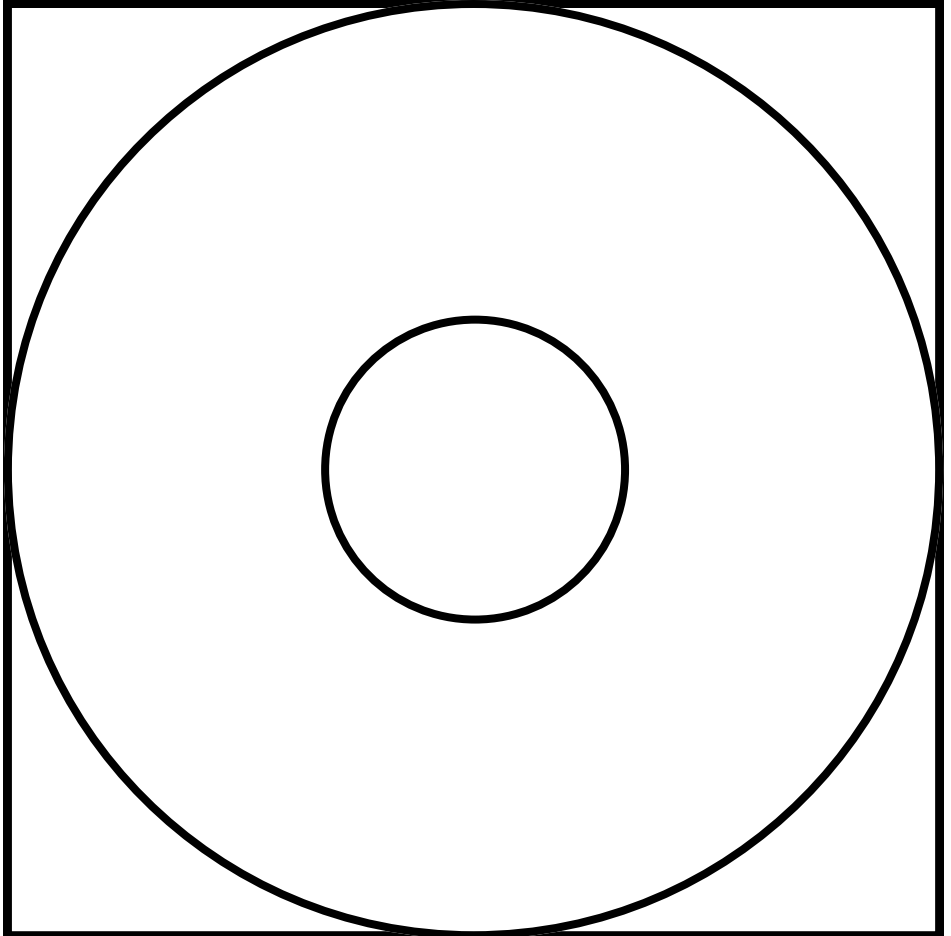
ASSIGNED TOPIC:

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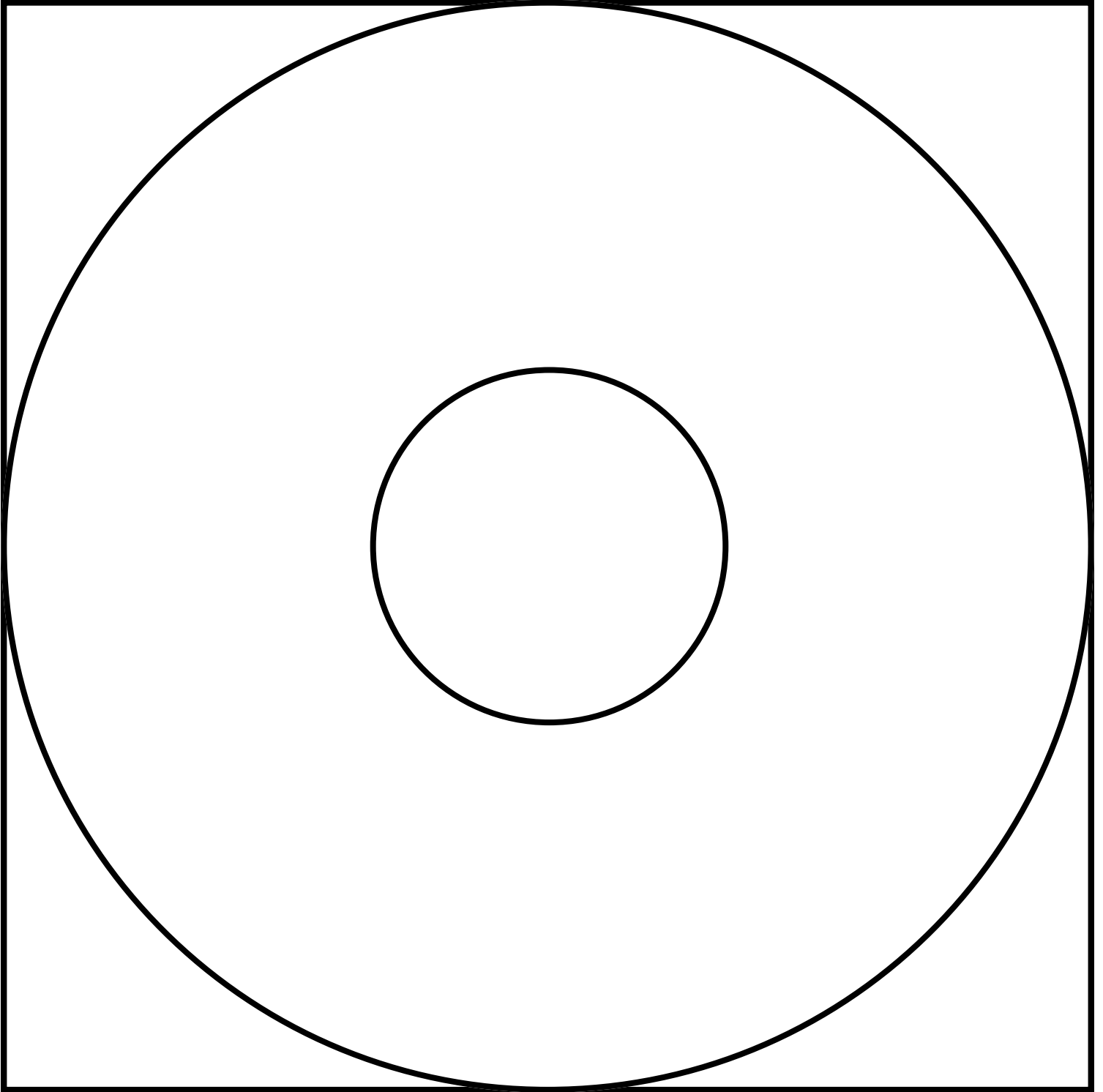
GROUP-SELECTED TOPIC:

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# MY CIRCLE OF CONTROL

STRESSOR 1: \_\_\_\_\_



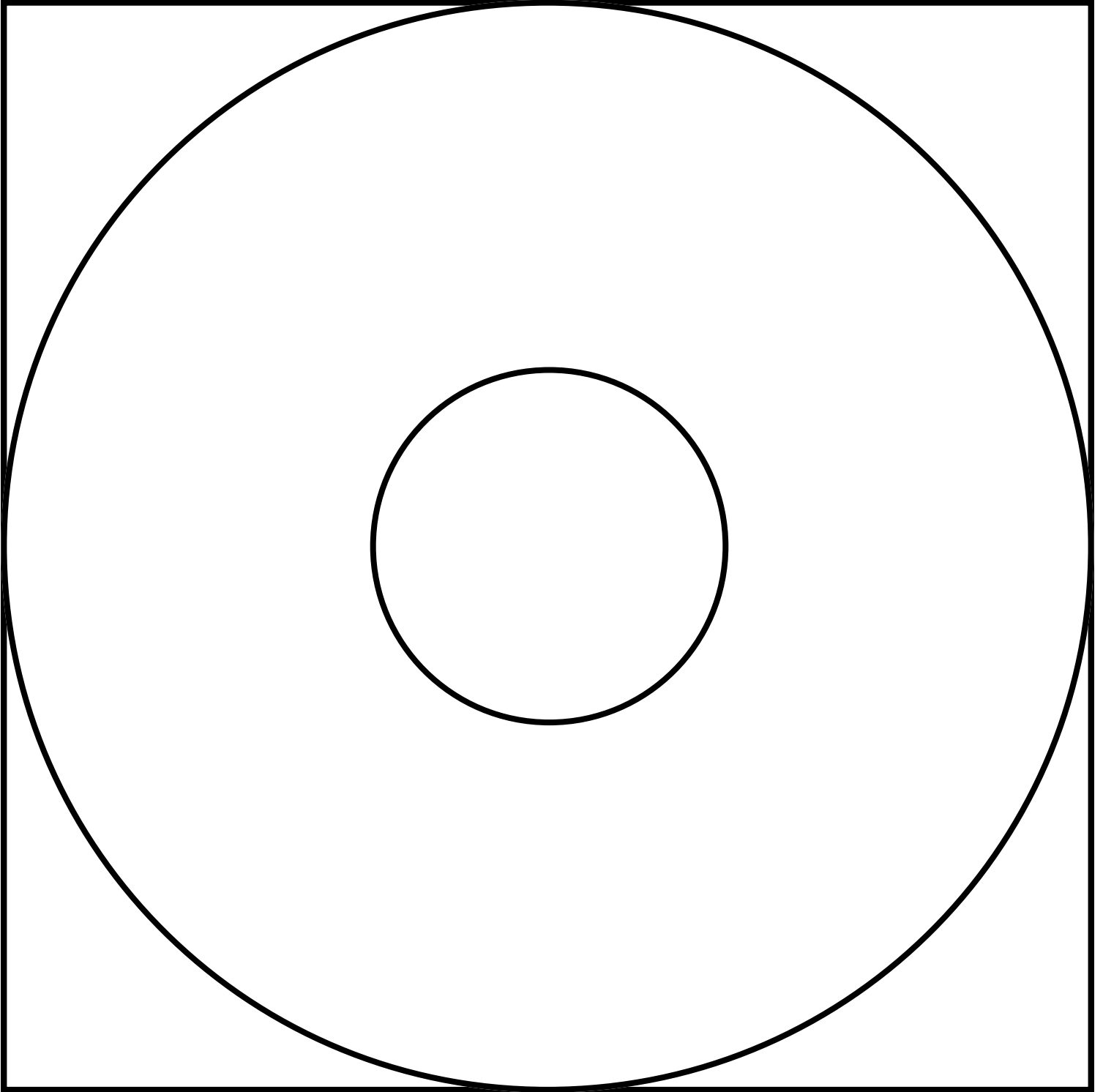
ACTIONS I CAN TAKE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# CONTINUED PRACTICE: CIRCLE OF CONTROL

STRESSOR 2: \_\_\_\_\_



ACTIONS I CAN TAKE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_