



Overcoming Obstacles



What is NOT helpful to overcome obstacles?

- Explosive temperament
- Feeling that we have zero control over our lives
- Not having support from an adult in the family or outside the family
- Use and abuse of alcohol and drugs
- Low self-esteem



What IS helpful?

- Temperament: Get along with people, manage anger and prevent angry outbursts, etc.
- Increase ability for self-awareness or self-observation
- Constant effort to control impulsive behavior
- Rational thinking
- Healthy or good self-esteem
- Emotional support from at least one adult (family, mentor, etc.)



Discussion