

What I Want to Be

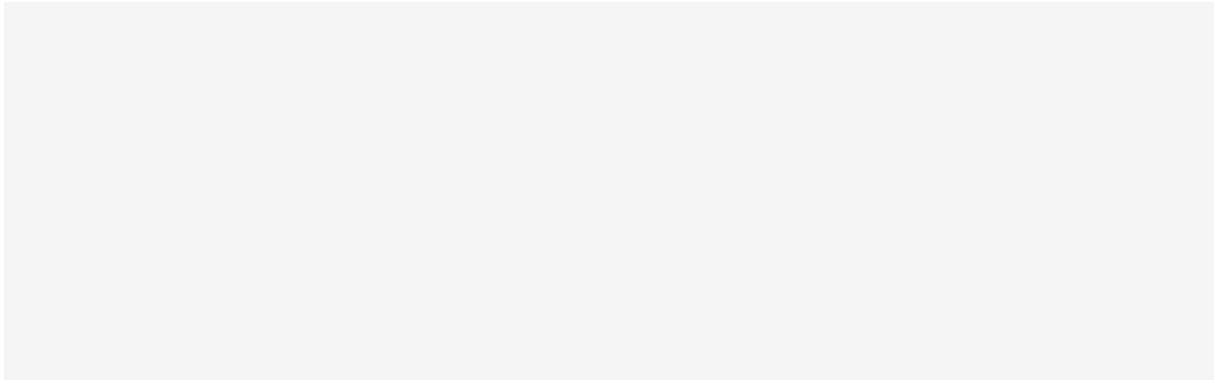
Before learning new coping skills and ways to behave, it can be helpful for the child to describe the type of person they *want to be* (such as well-behaved, happy, and without worries) versus who they *don't want to be* (such as angry, worried, and naughty).

Ask the child to complete the following two columns with behaviors and emotions they would like to avoid and ones they want to display.

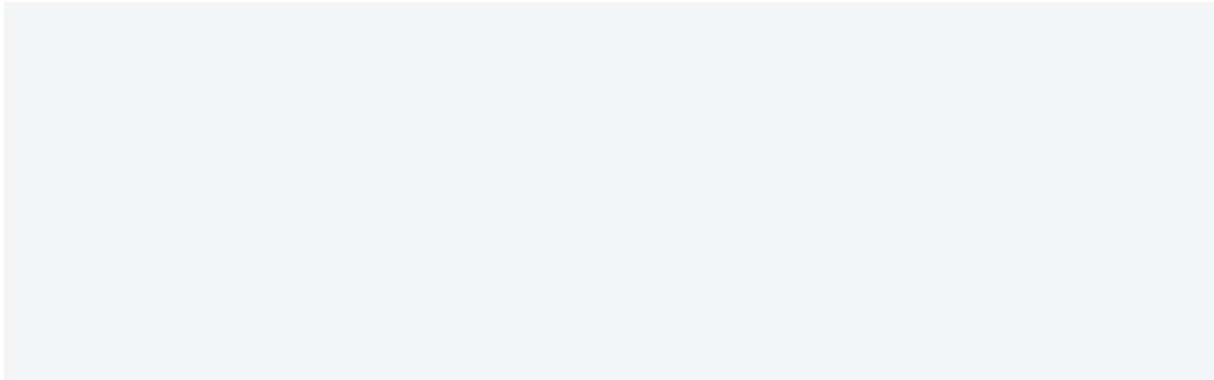
Begin with the left-hand column, listing all the behaviors and emotions they don't want, and then in the right-hand column, capture how they would like to be:

What I don't want to be	What I want to be
Loud	Quiet
Badly behaved	Well behaved
Upset	Content
Crying	Smiling
Punished	Rewarded
Angry	Happy
Mean	Friendly

Ask the child to identify a time when they typically behave in a way they don't want to:



What are they going to do differently next time:



Such exercises promote reflection and, therefore, metacognitive processing that encourage greater self-awareness linked to improved awareness of self-emotions.

Dr. Jeremy Sutton