

You use a remote to control your TV.

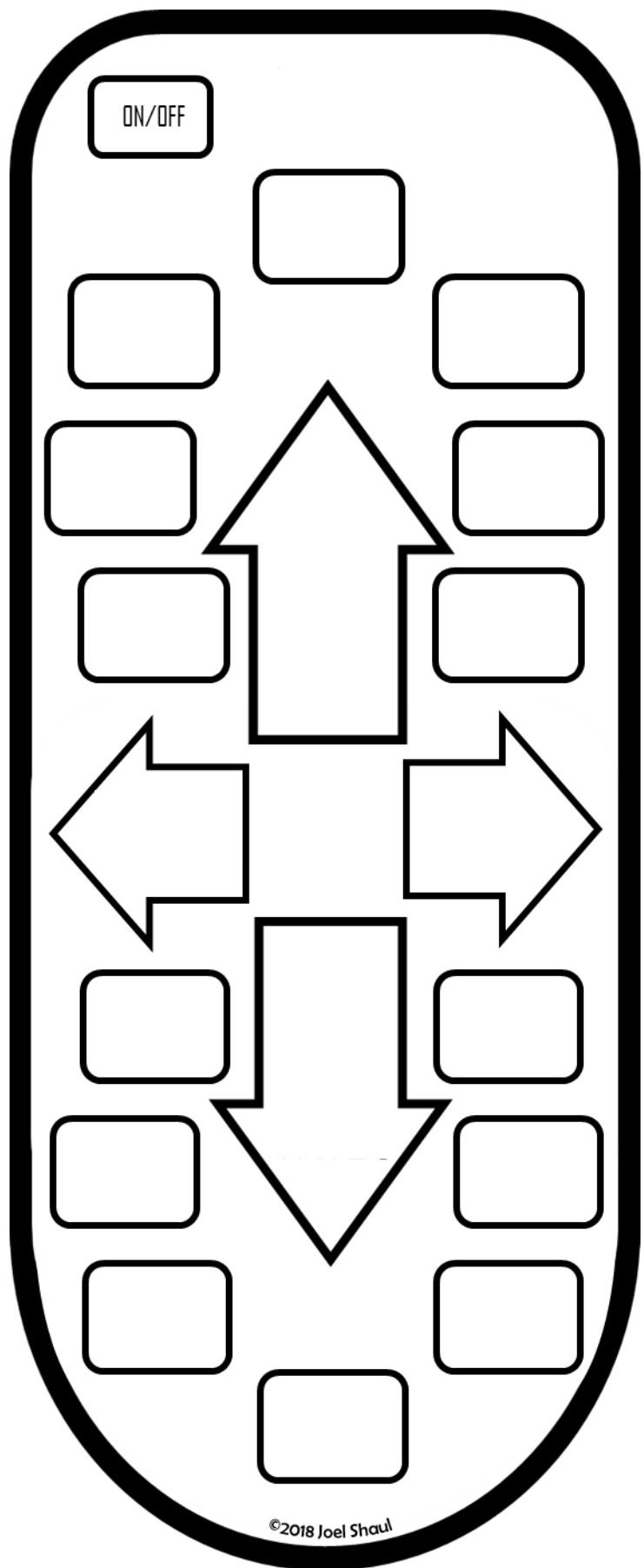
To make it do things for you.



Imagine if there was a controller that we could use to control **us** - and make us do the things **we** need to do.

Of course, there is no such thing!

But we can make one anyhow, to remind us of important things we need to do and *not* do.



The Self-Control

& Problem Fixer

Here is the Self-Control & Problem Fixer. You make it like this.

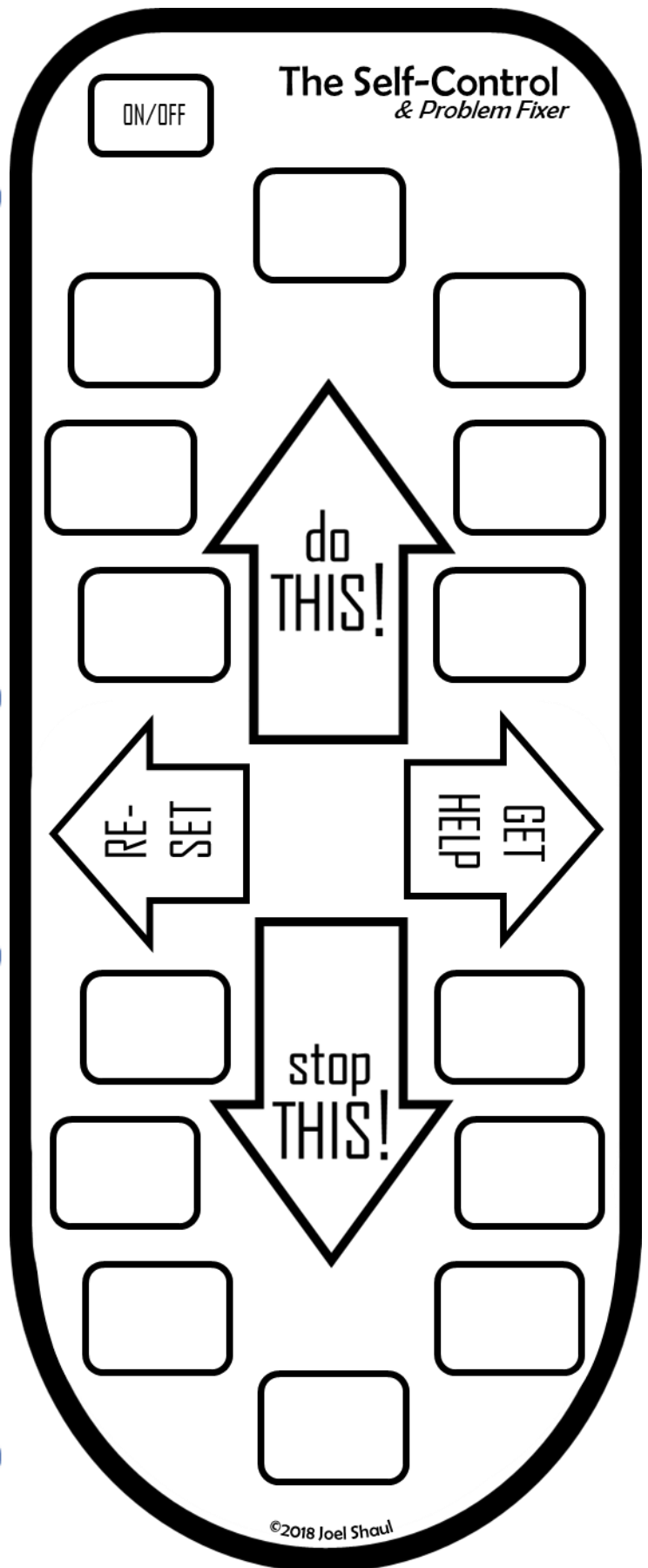
- a. Working with an adult, write on these seven buttons things that are quite important for you to try to do.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- b. Now, on these buttons down here, write seven things that are important for you to try to NOT do:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- c. Color it in if you like. If you do, use light colors so it doesn't cover up the words. Cut it out.



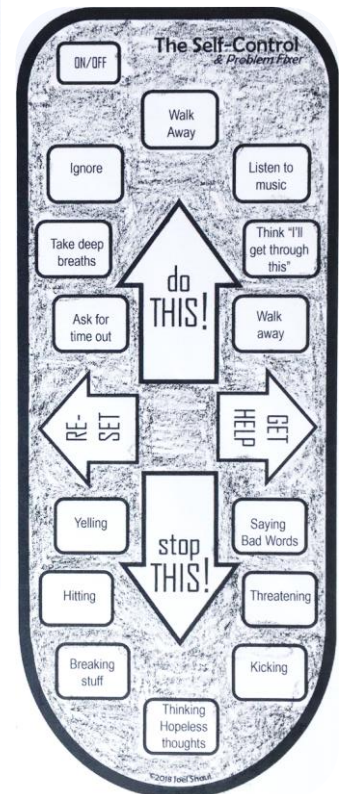
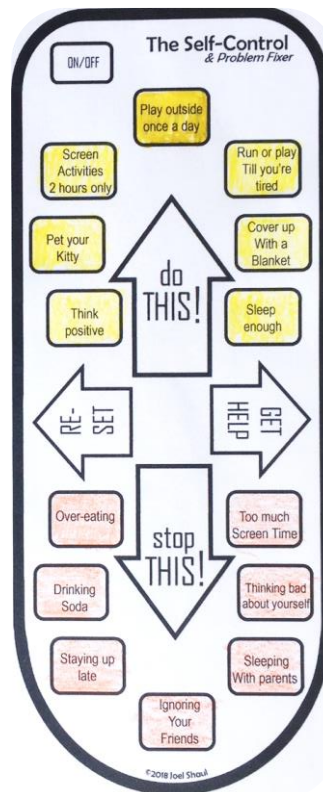
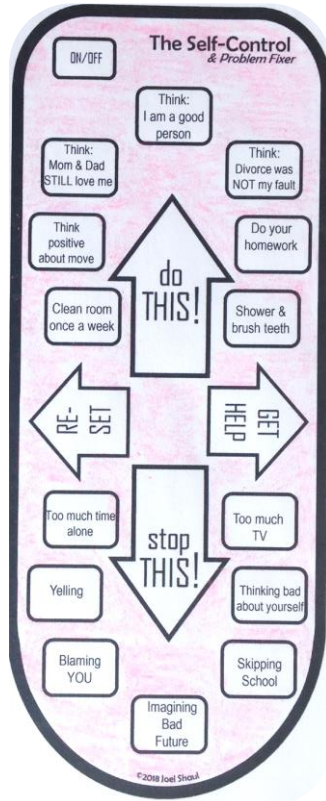
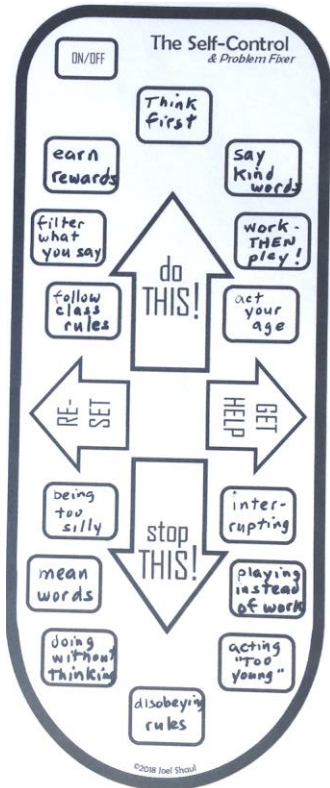
Here are some different ways to make a **Self-Control & Problem Fixer**. You will probably think of some more, too.

To work on some problems with behavior.

To help get through a hard time in your life.

To work on helping learn good ways to feel less nervous and stressed.

To work on an anger problem.



Good luck working on your own **Self-Control & Problem Fixer**.