



Switching Tracks: Handling Change

Introduction

Name: _____

Date: _____

- 1 Name a time when a person was different than the person you were expecting.

- 2 Name a time when a place was different than the one you were expecting.

- 3 Name a time when a schedule was different than the one you were expecting.

- 4 Describe the feelings you have when something is different than what you expected.

- 5 Describe all the ways you can calm down on the outside.



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6 Describe all the ways you can calm down on the inside.

7 What are some ways you have difficulty Switching Tracks in your life?

8 Tell about a time you had an easy time Switching Tracks.

9 Why is it important to be calm before you can Switch Tracks and think about something new?

