



# Positive Resistance

Presents:

## The Definition



# **A Broken Home Does NOT Mean A Broken Life**

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**definition (def'ə nish'ən)** of \_\_\_\_\_  
(Name)

**opportunity (äp'ər tōō'nə tē)** What I want most out of life is to become the first person in my family to (do or become) \_\_\_\_\_

The one gift I have which sets me apart from anyone else is \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**determination (di tər 'mə nā' shən)** The most daring thing I have ever done is commit to who I am. My life is proof that I can turn each disadvantage into an advantage because the things I have gone through are only a small part of who I am. The one thing I have always believed about myself is \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

and that's bigger than the past and present.

**vision (vizz'hən)** Staying with this dream means that I am committed to value who I am through the challenges life will put before me. When I see myself twenty years from today I imagine someone no one else can, I see someone worth celebrating. I want to be remembered as the person who changed \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**definition** (def'ə nish'ən) of \_\_\_\_\_  
(Name)

**The three things I have to do in the next year to keep up with my goal are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**The three things I have to do in the next ten years to keep up with my goal are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Pick one of the three goals listed above in the one year category. THEN explain how you plan to accomplish that goal within the next six months.**

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## **LESSON ONE: Live Up to Something That Feels Impossible**

Three things that feel impossible right now are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Three things that feel impossible after I emancipate are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## LESSON TWO: Set Limits to My Instincts

**at·tri·bute 1** : an inherent characteristic; *also* : an accidental quality

There are things that I share with my parents. I have the same \_\_\_\_\_  
(eyes, nose, hair) as my \_\_\_\_\_ (mother/father), but I also  
have features that I can't trace to my parents and those are \_\_\_\_\_

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**be·hav·ior 1 a** : the manner of conducting oneself

In the same way that I have characteristics that are my own I also have behaviors that belong specifically to me. Sometimes I feel that I am the only one who (underline all that apply: does things by the book, honors tradition, likes to understand the way things work, makes up the rules as I go, tries to keep the peace, is original and independent, sees challenges to surmount, makes a plan, gives love, knows the best way to get things done, strives to make the most out of life, searches for value in life)

What are some of behavior(s):

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**LESSON THREE:      Seek Guidance from Those of Authority**

I have every resource within reach. If I have a questions that I can't answer some places I can go are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**LESSON FOUR:      Keep Objecting**

Sometimes when I try to accomplish something good –something unfamiliar like \_\_\_\_\_ (applying for a job, studying for my midterms, or answering a question in class) I hear a voice that tells me that I will fail or says \_\_\_\_\_. If I listen closely this voice I see it is not my own. I need to learn how to use my voice to tell this negative voice to go away. Then I will be able to focus on how I will get things done.

Something I can say to myself when I get afraid of a challenge is, “It is okay to fail, but why not try anyway to see if I can do better than I think.” If I was a parent helping my son or daughter with a problem similar to the one I am facing I would tell my child to \_\_\_\_\_ (“It’s normal to be scared.” “Think positive!” “You’re smart!” “Study hard so you’ll do better than you think.”).

## **LESSON FIVE: Know What the Past Offers**

The past offers us two things: the hope for things to change and the illustrations of love.

The past is a part of me. Sometimes, the decisions my parents (or guardians) made did not match what I needed and this disappointed me. If I listed the things that were wrong in my family I have a wonderful list of things to improve in my life so I can offer my children something better. All my complaints are things I hope will change to make the future a better place.

My ancestors worked hard to give me a better life. Maybe their hope was the future or perhaps, their hope was that they had lived so someone, in the generations to come, would justify their struggle. Maybe I am their hope. This truth makes me feel proud about the decisions I am making. I hope I can be the person who stays devoted to the values that I want my family to be remembered for. The person who struggled for me was \_\_\_\_\_ (my great grandfather Paul who immigrated from Ireland), and (he or she) has taught me what love is.

There are complaints I have about my past and they are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

These are all things that I hope to change with the resources and support systems that are around me. In a funny way the past has shown me what is most important to me. When I look at my complaints I understand that I have values that separate me from the people and things that have disappointed me. The fact that I have disappointments shows that there are things that are really important to me as an individual.

**LESSON SIX: Claim My BirthSpace**

One of the biggest challenges I face is letting go of my parents’ values and finding new ones. If I do not know what to do in a situation I can always use the “As If” Rule and act “AS IF” I come from a functioning, loving, and normal family.

I can use this rule to guide my reaction at anytime and for anything.

- IF someone makes fun of me at my group home I can shrug it off because I know IF I had a loving family to hear what was said to make me feel sad they would tell me to ignore you and I would.
- IF I am doing something good and other people around me get jealous, I will not change that good thing about me just to fit in. IF I yell and say nasty things to hurt them the problem will just get bigger.
- IF I need an answer to question I will ask someone of authority on the subject or research it myself IF the question is important to me the answer is too.

Now that you know the “AS IF” Rule name a time when you could have used it in the past to make a better decision about your reaction:

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**LESSON SEVEN:**

**Learn to Negotiate with My Pride**

I don't like it when the people around me make me feel uncomfortable. Sometimes it is a misunderstanding. Sometimes it is intentional. When a misunderstanding happens I have a lot of options. Three things I can do to prevent conflict are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The secret I have is that my goal is greater than the person who has hurt my feelings and I am living specifically to improve my future.

**LESSON EIGHT:**

**Offer a Heirloom**

I think each generation can improve. There are some behaviors I want my children to remember about me. I want to offer them:

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**LESSON NINE:            Create a New Outcome**

I know that I have to be hardworking and resourceful. It is easy to try to get someone to do the work for me but it is not always the best thing because I will never learn how to make my own opportunities happen that way. When I do things on my own I learn skills that no one can take from me. I need to find resources (a place to live after I emancipate, what type of health care I will use after the age of 21, the types of jobs available in my area) \_\_\_\_\_

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**LESSON TEN:            Celebrate My Strengths**

When I am an adult I want to look back at the teenager I am today, and I want to be proud of myself. One way I plan to celebrate overcoming the challenges before me is by (going on a trip, moving into my first apartment, visit a friend I lost touch with):

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