

Positive and Negative Influences

When you are trying to change the direction of your life, it can be helpful to think about the people around you who are positive or negative influences. You can't always choose who you're going to be around, but you *can* choose how you will react to these people and their behavior. Use the first page of this worksheet to think about people in your life who are positive influences, how they affect you in positive ways, and what you can learn by being around them. Use the second page to think about people who are negative influences, what they do that could cause you harm, and how you can deal with their behavior.

Positive Influences

People who have a positive influence on you.	How they influence you in a positive way.	What you can learn from them (be specific).

Negative Influences

People who have a negative influence on you.	The negative things they do.	How you can deal with their negative behavior.