

TABLE OF CONTENTS

Leader's Guide

Session One

-----"As a teenager I believe that I can become the person that I want to become."

Session Two

-----"The more that I respect myself the more I find that other friends, family members and teachers respect me."

Session Three

-----"I refuse to act like a victim in relationships but believe that I am willingly choosing to be happy or sad."

Session Four

-----"I choose to take responsibility for my thoughts, feelings and actions. I want to learn how to stand up for myself."

Session Five

-----"To go along with the crowd is to be part of a mob; I want to be me --- an individual."

Session Six

-----"I want to make positive things happen in my life instead of just letting bad things happen to me."

Session Seven

-----"I want to be happy in me instead of always trying to please others."

Session Eight

-----"I know that at TEENCARE I have the right to say what I mean, to feel and to trust whom I want to trust."

Session Nine

-----"I want to tell people when I am hurt because it's OK to share normal human feelings; like, it's OK to cry."

Session Ten

-----"When I have a serious problem I will try and think of the worst thing that could happen if I shared that with a friend -- and then I would think of why that wouldn't be so bad after all."

Session Eleven

-----"I know that if I am to start to feel more hopeful about my world and my life I have to begin to take an inventory of my strengths."

TEENCARE

Session Twelve

-----"Sometimes just finding the right word to describe our feelings helps a whole lot in feeling more comfortable about ourselves."

Session Thirteen

-----"If I want to feel better then I must take full responsibility for my actions."

Sesion Fourteen

-----"One of our fears may be that we might be abandoned by someone who is important to us."

Session Fifteen

-----"By seeking help from my friends I know that I am no longer alone in my world with my depressing thoughts."

Appendix

---The 12 Steps of Depressed Anonymous