

THREE HOUSES

Use the following blank graphic of **Three Houses** to start thinking more positively.

In this approach you print the outlines of the three houses on separate pieces of paper:

The House of Worries

Write or draw the things you do not like in your life, and any worries you have.

The House of Good Things

Write or draw the things you like in your life, and any joy / happiness you have.

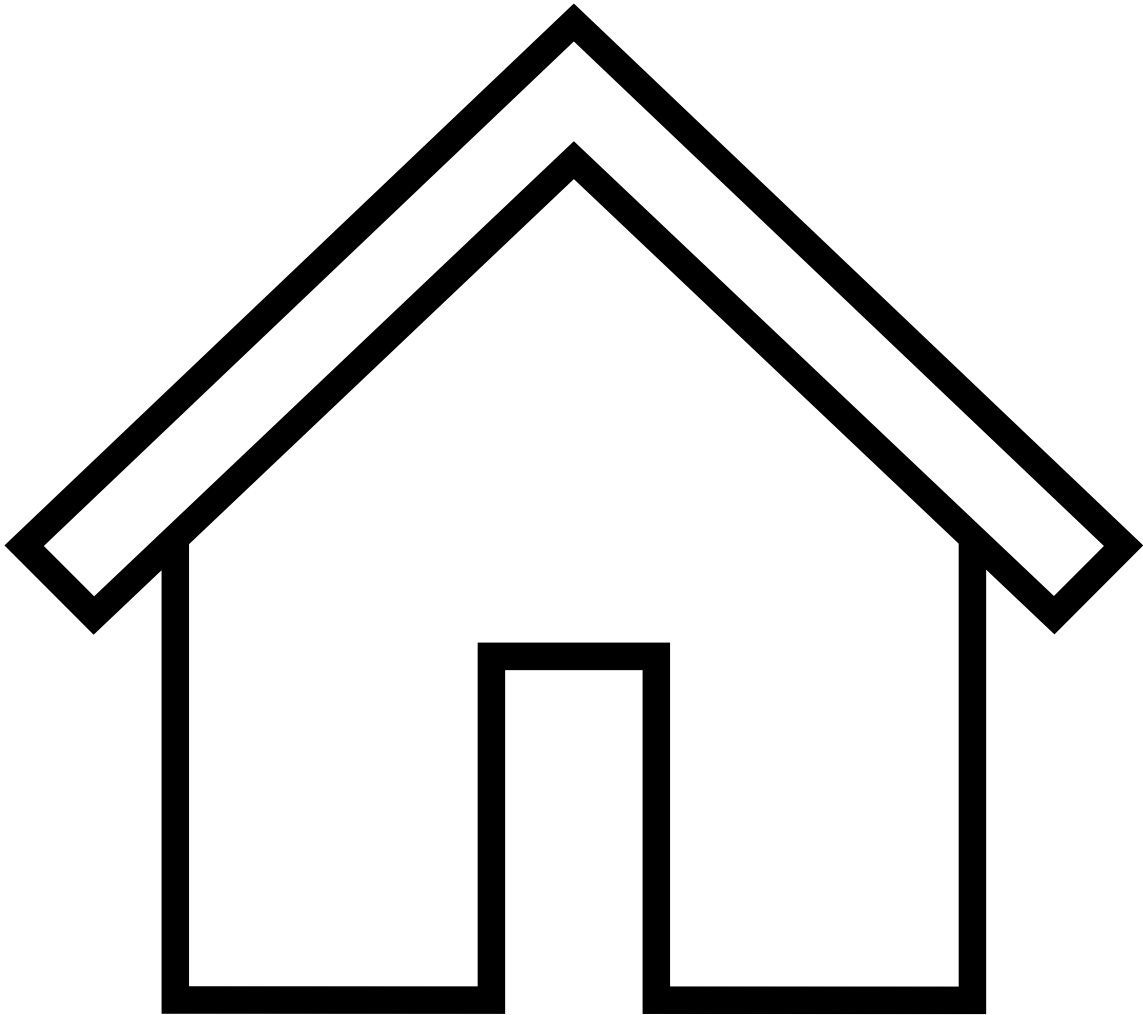
The House of Dreams

Write or draw the things you would like your life to be in the future, and any ambitions you have.

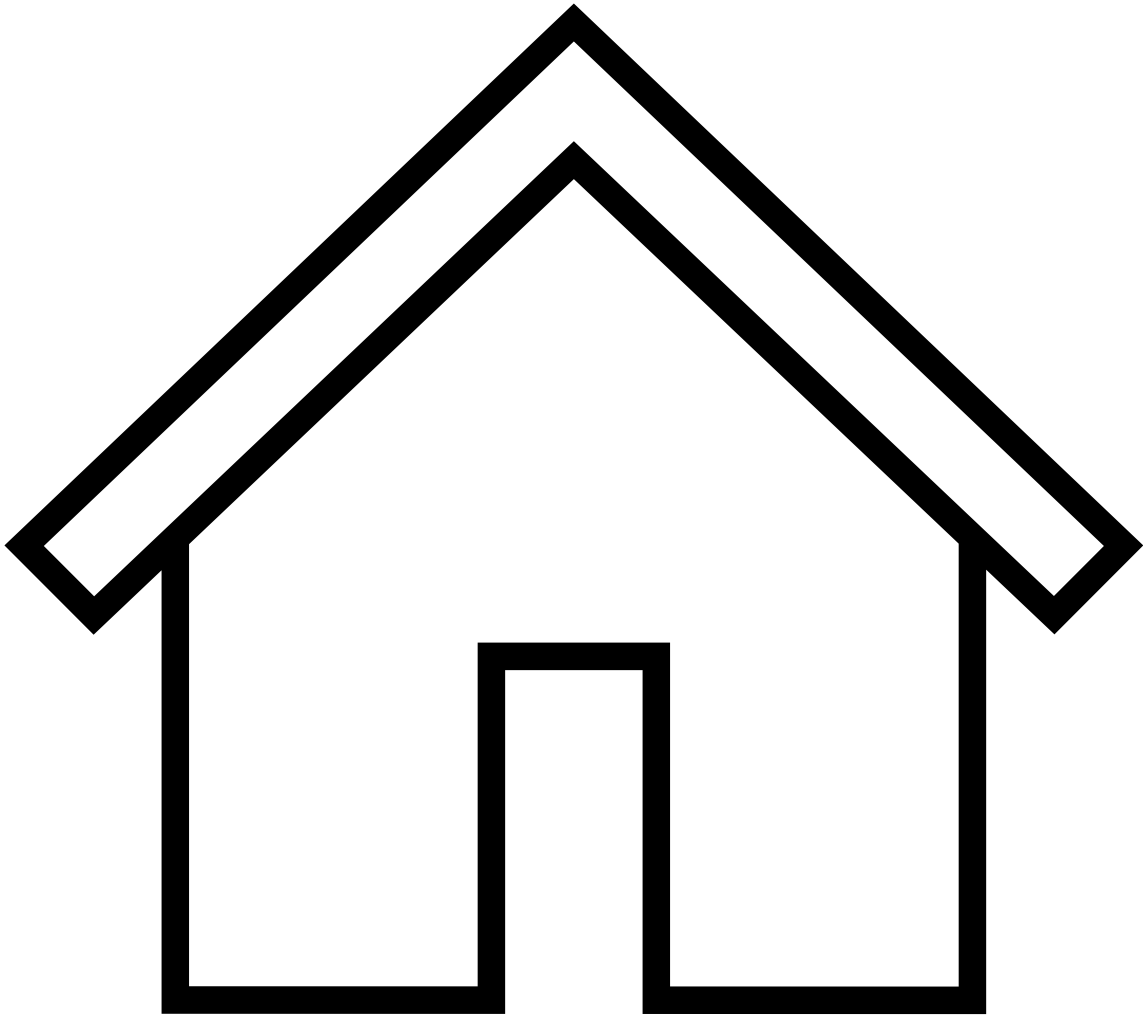
Remember:

- Recognising your worries is an important step in dealing with them.
- Acknowledging the good things helps you bring balance and maintain a positive outlook.
- Identifying your dreams puts you on the path to realising them.

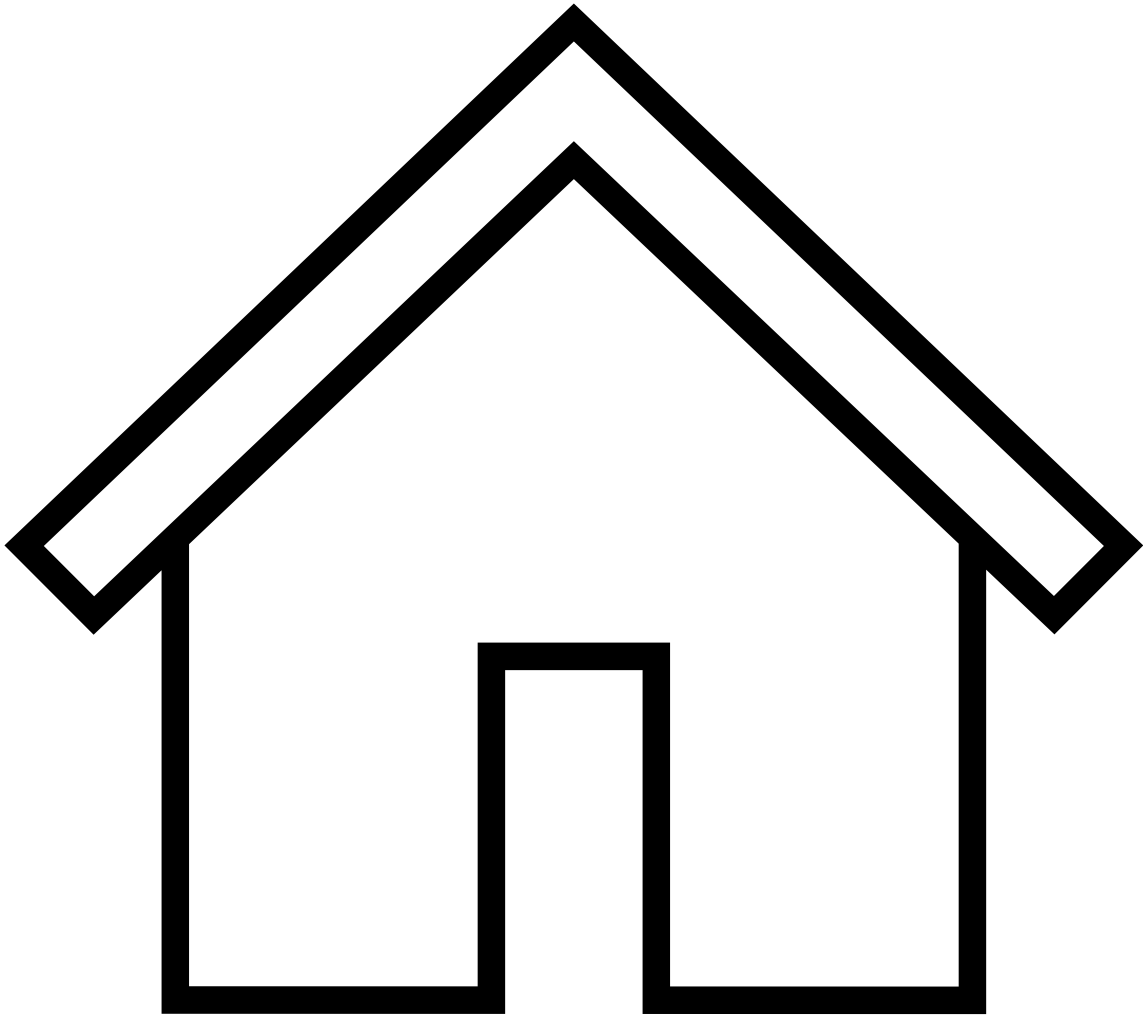
You can use your completed three houses to help explain your situation and how you are feeling to your parents or friends.



THE HOUSE OF WORRIES



THE HOUSE OF GOOD THINGS



THE HOUSE OF DREAMS