

Seeking information and assistance from others

- Who has the information that could be helpful?
- What are the available resources or support organizations?

Sharing problems or issues and seeking support from family or friends

- Who is available to share information?
- Who will understand and provide support?

Relying on positive people

- Are there friends and individuals in the community who can be encouraging and sympathetic?
- What organizations are available to help in the development of positive, supportive relationships?

Making short-term or daily goals

- How can tasks be broken down into more manageable steps?
- What assistance can be found to help accomplish goals or tasks?

Mastering the vocabulary and terminology associated with the special need

- Who has the information necessary to become familiar with terminology associated with the special need?
- What terminology do the service agencies or providers use?

Thinking positively

- What are one's known strengths, skills, and abilities?
- How can daily life be improved?
- How can positive thinking skills be developed and practiced?

Accepting and dealing with feelings of frustration, disappointment, and anger

- Are there more productive ways to deal with the emotions associated with the special need?
- What support is available in acknowledging and working through negative feelings?

Taking care of oneself

- What steps are necessary to ensure sufficient rest, nutrition, and health?
- Are there programs available that can support good health?

Using a positive attitude when dealing with others

- Who provides additional physical and emotional support?
- What ways can appreciation and understanding for their efforts be shown?