

This activity provides a visual demonstration for clients to assess their thought process. You, as the clinician, will have the opportunity to visually show the client ways to replace or alter some of the negative thoughts with positive ideas. They will have the potential to see better outcomes.

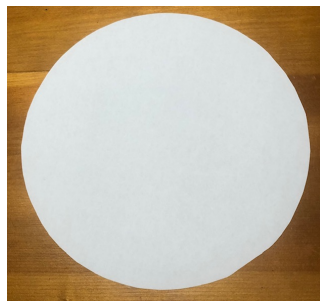
## Materials:

- Art supplies
- Paper

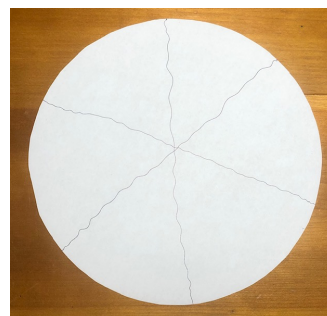
\*other creative materials if you feel that they would like them

## Complete the Activity:

**Step 1:** Have the client cut a circle out.

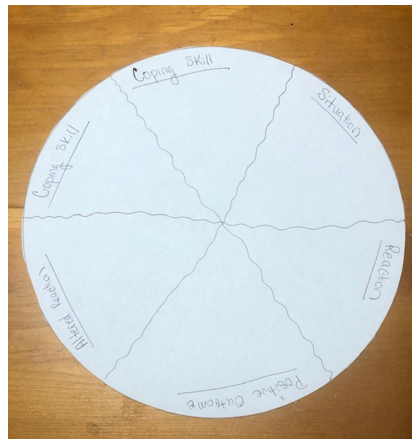


**Step 2:** Divide the circle into 6 spaces.



# Situation, Reaction, Positive Outcome

**Step 3:** Have the client Label the sections with Situation, Positive Outcome, Reaction, Altered Outcome and Coping Skills (2 Spots).

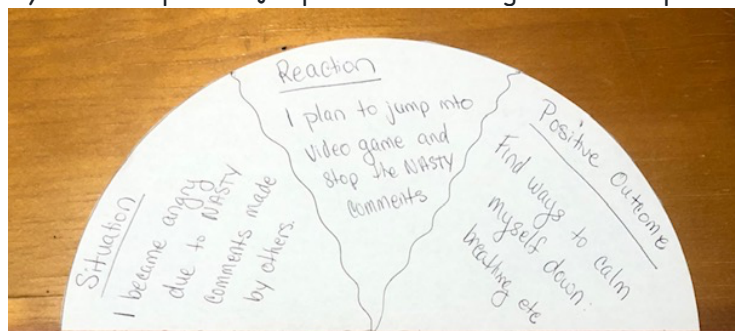


**Step 4:** Spend time processing a situation that plagued the client over the past week. Have the client Draw or write out this in the slot next to the "Situation" Section.

I.e Client- I became frustrated on my Xbox today due to nasty comments that were made by another player.

**Step 5:** Write or Draw the client's reaction to the situation in the section listed.

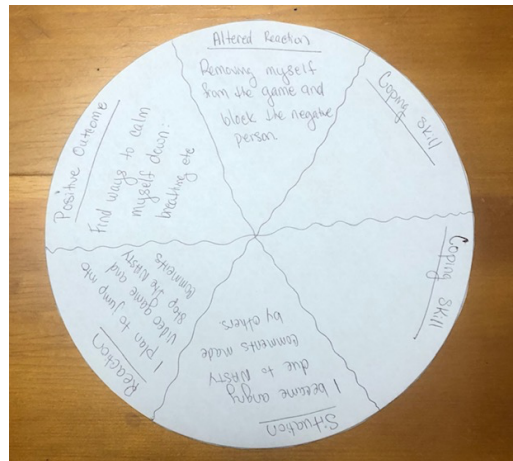
I.e I told the player that I plan to jump into the video game and stop the nasty comments.



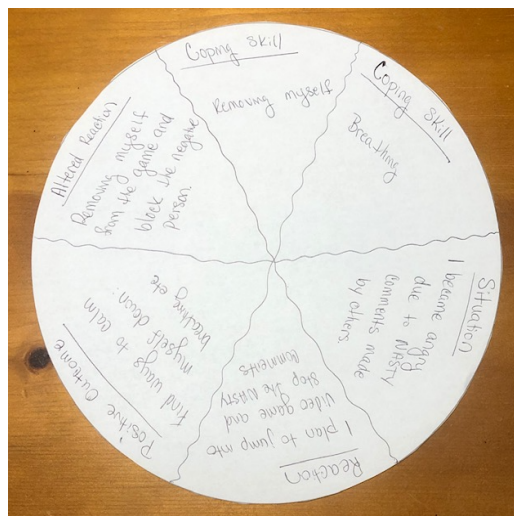
**Step 6:** Next- Problem solve ways that the client can alter their initial reaction by providing a few examples.

Example Solutions:

- Ask the negative peer to speak kindly or you will leave the game
- Find ways to block him without using explosive language
- Remove yourself from the chat and using your coping skills to calm down.



**Step 7:** Allow the client to point out the specific coping skills that they used and highlight it in the circle.





# Situation, Reaction, Positive Outcome

**Step 8:** Process the activity with the client. Provide them with positive suggestions.

## End of Activity options:

- Have the client recreate the circle at home and evaluate another situation. (Have them return it for discussion)
- Encourage conversation between the client and their parents.
- Provide the client with materials to track additional positivity behaviors.

## Quick clinical tags to add to your notes:

- Assisted the client to learn ways to alter negative thoughts and replace them with positive ones
- Positive social skill training
- Adding coping skills to help reduce anger
- Problem solving techniques