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Zap that Thought

(Instructions provided on page 39)

1. *Everyone has to like me, if someone doesn't like me it means there's something wrong with me.*
2. *Not everyone is going to like me.*
3. *It is terrible and awful to make a mistake.*
4. *Everyone makes mistakes.*
5. *If you think you might fail at something, it's better to just quit trying.*
6. *It's OK to fail at something, it means you were willing to try something that was hard for you.*
7. *I will only be happy if everything happens the way I think it should.*
8. *I can be happy, even when things go wrong.*
9. *Other people make me angry.*
10. *I get angry sometimes when others do and say things that I don't like.*
11. *I'm just not a lucky person.*
12. *Some people seem to have more advantages than others.*
13. *If my parents really cared about me, they would always let me do what I want to do.*

14. I won't always get to do what I want to do.
15. *If I blame things on other people, it will make me seem better.*
16. If I take responsibility for my mistakes and say "I'm sorry," it will make me feel better about myself.
17. *If I can't learn to do something quickly, it is probably too hard for me and I should just quit trying.*
18. Some things will be hard for me to learn to do.
19. *I just can't handle it when things don't seem fair.*
20. When things don't seem fair and there is nothing that I can do about it, I can handle it.
21. *I would get better grades, if I had a better teacher.*
22. I won't always like the way my teacher does things.
23. *If someone doesn't agree with me, they probably don't like me.*
24. Good friends disagree sometimes.
25. *If I could have a lot of money or stuff, I would be happy.*
26. You have to be happy with yourself.
27. *Winning is most important, even if you have to lie or cheat to do it.*
28. Winning is fun.

29. *If my teacher liked me more, she would have given me a better grade.*
30. *If I had worked harder, I might have made a better grade.*
31. *If a lot of people around me are doing something, it must be the right thing to do.*
32. *There are a lot of people who do dangerous or mean things in order to feel more important or to get other people to like him.*

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A Message from Hunter

Remember...

- Things won't always work out the way you want them to.
- You can't change what has already happened.
- You won't always be treated nicely by other people.
- You will make mistakes sometimes.
- You will have to do some things that you don't want to do.
- You won't always get what you want.
- Some things will be really hard for you to do.
- You can't control what other people do and say.

BUT... You CAN use your remote control !!!

- No one else has a remote control to make you think, act or feel in a certain way.
- You are the only one who can make your remote control work.