



Map the road within

### **SAMPLE QUESTION: THE POWER OF APPROVAL**

The questions and answer boxes will be what the students will see. The words underlined are found only in the trainer's edition.

What are some dangerous/unhealthy ways someone might seek approval?

<u>How you dress</u>	<u>Gossip</u>
<u>Weight / eating disorders</u>	<u>cheating in school</u>
<u>Suicide (threatening, too)</u>	<u>starve yourself</u>
<u>Sex</u>	<u>bad language</u>
<u>Drugs / alcohol</u>	<u>bullying others / fighting</u>
<u>Dares / stunts</u>	<u>lying</u>
<u>Class clown</u>	<u>plastic surgery</u>
<u>Make fun of yourself</u>	

What is the danger when you depend solely on the approval of other people?

<u>You may have to go against your values to get the approval</u>
<u>You may have to change who you are to get the approval</u>
<u>You doubt yourself when you don't get the approval</u>
<u>You might do harmful things to yourself or others / may abuse yourself</u>
<u>Creates low self-esteem</u>
<u>Causes you to do the things listed in the previous question</u>
<u>You may sacrifice all this and still never get it.</u>