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| **看著同學們很快就已經成為好友，但我仍是形單影隻，覺得自己很可憐。**  **我的好朋友都在吸煙，也要求我吸煙。我覺得吸煙是不對的，但又不想失去朋友，煩惱啊！**  **兆軒缺席專題研習的課後會議，我想他都是指望我幫他完成工作。看他今天都欠交功課了，可見這人沒有責任感，討厭死了！** | |  | | A close up of a logo  Description automatically generated  **都是我不好！如果我懂得用電腦軟件來做數據分析，我們組的專題研習分數就不會只是合格。** | |  | | A close up of a logo  Description automatically generated | |  | | A close up of a logo  Description automatically generated  **事件卡** | |
|  | |  | |  | |  | |  | |  | |  | |
| A close up of a logo  Description automatically generated  **我樣子不好看、又不懂得討好老師，老師永遠都不會讓我當上科長﹗真鬱悶！** | |  | | A close up of a logo  Description automatically generated  **老師竟然選了我去參加比賽，很擔心會令她失望。** | |  | | A close up of a logo  Description automatically generated  **考不上心儀的中學，注定要走辛苦路！我的人生為何那樣痛苦！** | |  | | A close up of a logo  Description automatically generated  **我只是出生於普通家庭，事事都比不上別人，我這輩子一定不會快樂。** | |
| **上了中學後，不論我怎麼努力，成績都不如人意，很沮喪。** | |  | | **測驗前，我沒有努力溫習，今次成績一落千丈，我很害怕爸媽知道後會怎樣！**  **爸爸媽媽每次都要我聽他們的話，但他們卻從不聽我的，世上哪有這麼不公平的事，真令人氣憤。** | |  | | A close up of a logo  Description automatically generated  **今天老師邀請另一位同學代替我擔任科長。**  **雖然他感謝我為同學服務，不過，我還是覺得丟臉。** | |  | | A picture containing screenshot, drawing  Description automatically generated  **事件卡** | |
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| **今天老師責備我欠交功課。誰叫我天生忘這忘那，做事沒有效率，我也很無奈啊！** | |  | | A picture containing drawing  Description automatically generated  **媽媽常說她工作辛苦，埋怨我常上網，不幫忙做家務。其實，我上學也很辛苦，有誰明白我的苦呢！** | |  | | A close up of a logo  Description automatically generated  **爺爺很囉唆，今天我終於忍不住跟他吵架了！看見白髮蒼蒼的他落寞地離開，我覺得很內疚。** | |  | | **誰叫我長得奇怪，芷玲和耀倫才會欺負我。我除了怨自己，還能怨誰呢？** | |
| A picture containing drawing  Description automatically generated  **把正面思考付諸行動**  專注於可行的事情 | |  | | A close up of a map  Description automatically generated | |  | | A close up of a map  Description automatically generated  **「我要主動一點跟同學打招呼和交流，努力去交朋友。」**  **「我和組員要去請教老師，看看有甚麼需要改善的地方，下次可以做得更好。」**  **「兆軒或許因為某些原因缺席會議，我要找他了解一下。」**  **「吸煙是不對的。他們不應該強逼我做不願意的事情。希望他們會戒掉吸煙的壞習慣，我們重新做朋友。」**  **改變負面思想**  不將事件個人化，所有負面結果不是自己造成，便是與自己有關  **改變負面思想**  不基於一、兩件事情，便作出普遍性相同以偏概全的結論  **以正面思考付諸行動**  以正面積極的語句自我對話 | |  | | A close up of a logo  Description automatically generated  **方法卡** | |
|  | |  | |  | |  | |  | |  | |  | |
| A close up of a map  Description automatically generated  **「老師選同學幫忙，一定有他的理由。我會努力學習，希望我也有機會幫助老師。」** | |  | | A close up of text on a white background  Description automatically generated  **「既然要面對，就要好好準備，只要盡了力，就不會辜負別人的期望，我也會從中得益。」** | |  | | A drawing of a person  Description automatically generated  **改變負面思想**  不把事情極端化，不是好的便是壞的  **「雖然我不能夠在心儀的中學唸書，但是我相信這所學校的老師也會栽培我成材，我將來也可以有成就。」**  **以正面思考，轉換思考的角度**  從不同的角度看  **改變負面思想**  不將事件誇大、妄下判斷 | |  | | A close up of a map  Description automatically generated  **「雖然我的家庭不富有，但並不欠缺生活所需。所謂知足常樂，不用事事與人比較，富有的人也不一定快樂。」**  **改變負面思想**  不會太多「一定」、「應該」、  「必須」等強逼的信念 | |
| A close up of text on a white background  Description automatically generated | |  | | A close up of a logo  Description automatically generated | |  | | A close up of a logo  Description automatically generated  **由我說出來**  **以正面思考，轉換思考的角度**  學習「失去的藝術」  **「雖然我失去了，但最少曾經有過一段美好的回憶。這回憶是永遠不會失去的。」**  **以正面思考，轉換思考的角度**  從不同的角度看  **「做錯了就得承擔後果。被罵也好，被罸也好，就當是一個教訓，讓自己好好地記住，以後不要再犯。」**  **「小學和中學是兩個不同的階段，科目也比以前多了，艱深了。或許小學的學習模式已不能應付中學的學習，我要向學兄、學姐請教一些有效的學習方法。」**  **以正面思考，轉換思考的角度**  理解事情的因果關係 | |  | | A close up of a logo  Description automatically generated  **方法卡** | |
| A close up of a logo  Description automatically generated | |  | | A close up of a logo  Description automatically generated  **「這是不對的行為，我要向老師報告，請求老師幫助。」**  **改變負面思想**  不將事件個人化，所有負面結果不是自己造成，便是與自己有關  **由我說出來**  **以正面思考，轉換思考的角度**  多用欣賞和感恩的角度  **「他/她的提點都是對我好的，他/她也為我付出了很多。我會以感恩的心，坦誠地跟她/他溝通，希望大家能互相體諒，和諧地相處！」**  **「我會改善自己的問題，今天就會按這個目標制定具體方案。」**  **以正面思考付諸行動**  定立具體可行的目標 | |  | | A close up of a logo  Description automatically generated | |  | | A close up of a map  Description automatically generated | |
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| **保持樂觀的心態** | |  | | A picture containing room  Description automatically generated | |  | | A picture containing room  Description automatically generated  **閲讀能夠幫助個人成長**  **和心智發展的文章或書籍** | |  | | A close up of a logo  Description automatically generated  **保持平常心**  **不放大當下負面的感受，相信很多現在認為嚴重的事情，可能在一段時間後只是小事一樁，甚至可能會演變成人生的祝福。**  **堅守信念，**  **勇敢接受挑戰** | |
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| **對自己和別人都多體諒、多包容、多欣賞、多感恩** | |  | | A picture containing room, drawing  Description automatically generated  **擁有永不放棄的精神** | |  | | A picture containing room  Description automatically generated  **跟別人傾訴或**  **向他人求助** | |  | | A picture containing room  Description automatically generated  **勇於承認錯誤，**  **並從中學習** | |

**保護卡**

A picture containing table

Description automatically generated

**助人獎勵幣**

A picture containing table

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**助人獎勵幣**

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| A close up of a map  Description automatically generated  **內容**  **策略** |  | A close up of a logo  Description automatically generated  **事件**  **事件**  **策略**  **內容** |  | | A picture containing drawing  Description automatically generated | | |  | | A close up of a logo  Description automatically generated  **空白卡** | |
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**空白卡**