

Discovering Things About Yourself



You read *Michael's Story* and came up with ways Michael might be able to manage his symptoms and problems. You may be able to use some of these ideas to manage the difficulties you're having and improve your own life. Answer each of the questions in this section. Use the new ideas you discussed or listed from *Michael's Story* to help you answer the questions.

Describe a time in your life when you felt as though you lost control:

What could you have done to stay in control?

What can you do to avoid situations in the future that may cause you to lose control? (Use any ideas you may have talked about after Michael's Story.)

Why is it important to keep your stress at a comfortable level?

What are some of the things you can do to keep your stress at a comfortable level?

What are your thoughts about taking medicine for your symptoms?
