

Name: \_\_\_\_\_

## Choose Your Own Weather

*How many times have you ever said...?*

**"My parents are driving me crazy!"**

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Parents sometimes ask their kids a lot of questions, especially when their kids are taking on more responsibility, getting older, and starting to be more independent.

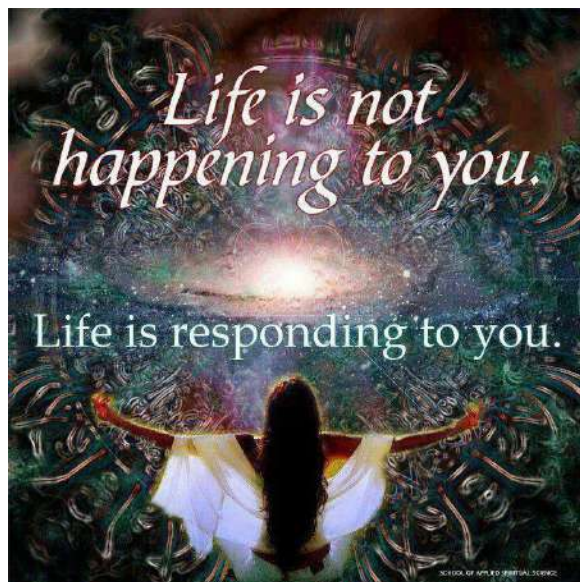
Think back to the Circle of Control. Do you have any control over what your parents do or say?

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No one else can drive you crazy unless you let them.

No one can make you mad unless you let them.

Consider this quote:



What do you think Choose Your Own Weather really means?

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Watch *Lauren's Story*. How does this girl choose her own weather?

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