

Using the Occasion/Position Method

1. Even though I sometimes argue or fight with _____, I still consider him/her my friend.
2. When I'm having a bad day, almost everyone notices because there are three things I usually do.
3. When I feel like life is very hard for me, I remember that my friends are also dealing with some pretty serious problems.
4. After I got into trouble _____, I realized I could have prevented the problem.
5. Since succeeding in high school is important to me, I have mastered several useful study skills in middle school to help me prepare for high school.
6. Whenever relatives come to visit, they ask me to tell the story about the time _____.
7. Although some of my friends would describe me as _____, if you asked my very best friend about me, he/she would tell you that I am good at a number of things.
8. Until you learn to get your papers, assignments, notebooks, and lockers organized, life in middle school can be very difficult.
9. Even though my grade in _____ is not very good, I know that I have learned a number of things this quarter.
10. If my teachers knew the things that cause me trouble, they might understand why I'm having problems turning in my homework.
11. When I'm grown and have a child of my own who is in middle school, I will tell him/her a few important things about making friends.
12. Even though school, teachers, friends, and family sometimes get me down, I have found ways to deal with the stress.