

## Highs / Lows & You.

Life is full of highs & lows. None of us ever get everything that we want out of life. A low is when something negative happens & a high is when something positive happens. When you experience a low incident, it is important to remember that inevitably you will also experience one of life's highs as well. Think of the highs & lows for each time mentioned below. (Try to think of a different high & low for each case)

**What was one of your highs yesterday?**

**What was one of your lows yesterday?**

**What was one of your highs last week?**

**What was one of your lows last week?**

**What was one of your highs last month?**

**What was one of your lows last month?**

**What was one of your highs last year?**

**What was one of your lows last year?**

**What was one of the biggest highs in your life?**

**What was one of the biggest lows in your life?**

Was there someone there to support the lows or share the highs? Could you have turned to someone during a low? Did you tell people of your highs & if not why? Discuss with your worker/ group.