



UNCYCLING - INSTRUCTION SHEET

See Game Video at rebuildup.com/uc

Uncycling is a technique to remove yourself from bad cycles created by others. You'll need a paper and pen for Step 3 of this activity.

Step 1. Look at your family.

Is there someone, like an older brother or sister, that pushes you around on a regular basis?

Step 2. Can you think of someone that YOU push around the same way you get pushed around?

What starts with one goes all the way around and comes back to the person that started it in the first place creating a cycle.

Step 3. Draw the cycle.

Put yourself in the middle, what's done to you on the right, what you do to someone else on the left, you and the bad behavior on the bottom, and just you on the top out of the cycle.

Step 4. Try breaking the pattern.

The next time someone pushes you around, don't repeat the bad behavior with someone else.

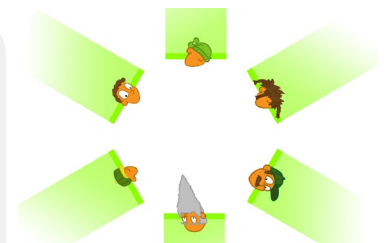
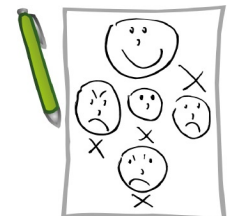
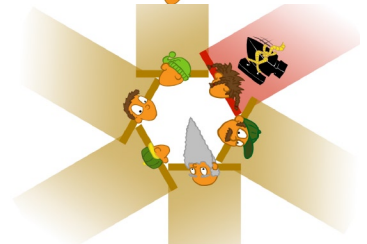
Step 5. Check if the situation has improved.

Does anyone seem different in their behavior now that you've changed yours?

If not, it can take longer to uncycle than you'd like. In some cases, things don't improve much at all. And that can mean still being good to others while continuing to get be pushed around.

Doing what's right in the face of adversity can lead to a build up of anger and frustration on your end.

There's a way to redirect this anger into an **"Anger Goal"** to help you accomplish important things that we'll cover in the next video.



*This activity is for entertainment purposes only.
Consult a medical professional for health issues.*