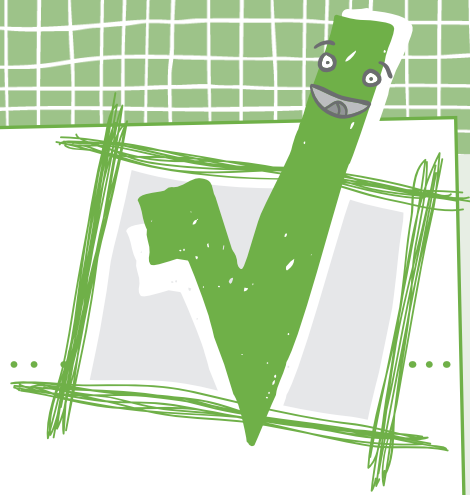


What Will You Do?



The tips in this chapter may help you get along better at home. Which tips will you use?

Write them on a separate sheet of paper. Or photocopy this checklist. Or you can download and print out a copy at www.freespirit.com/LD.

Check the tips that you will use.

- I will tell my parents that I need time to relax.
- I will tell my parents that my homework takes too long.
- I will ask my parents to be patient.
- I will help my parents understand my LD.
- I will tell my parents good news about myself.
- I will take time out when I need it.
- I will make a plan for my time.
- I will eat well.
- I will get a job.
- I will find a hobby.

Sometimes it's hard to follow advice. You may forget about the advice. Or you may give in to a feeling of anger or frustration. So come back to your checklist on a regular basis. Reread it to remind yourself of ways to get along better at home.