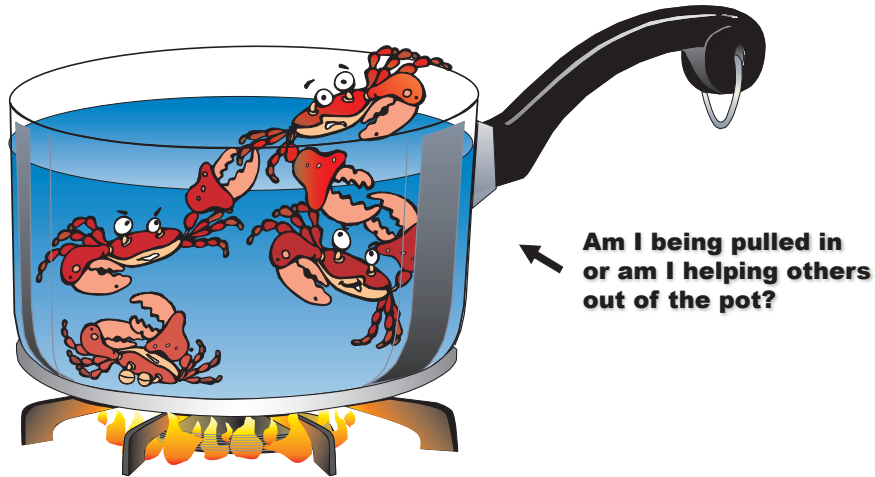


## Climbing Out



## Climbing Out

Sometimes people around you will try to keep you from changing. They will want you to continue to do the same things that you have been doing. Like crabs in a pot, they will keep pulling you down if you try to get out. That can make it especially hard to change.

To climb out of the "pot" you're in, you will need to be strong, have a plan, and get some help. The people that help you climb out are your real friends.

# Introductory Activity