

Role Playing

Role-playing is a technique, most often utilized in psychotherapy and skills training, whereby the child is instructed to reenact a response encountered in a specified situation. Widely used in the assessment and treatment of maladaptive behaviors characteristic of childhood disorders, the use of role-play provides an efficient means of sampling the behavioral skills.

If you're going through a difficult time make yourself think of a time much more difficult and harder than that. This strengthens your nerves, raises your morale and gives you the power to fight the one situation that is prevalent in your life at the moment.

