

## On **TARGET** ...to making good choices

*“Stress is **powerful**! It doesn’t warn you. I still use the **TARGET** tips to ‘reset’ myself.” – Rick, 15*



**R**ick\* thought he knew what to expect when Tonya first came to the house for **TARGET**. He had done this kind of thing before.

Wrong. “There’s nothing quite like **TARGET**. That’s what I liked about it.”

He definitely did not think he would learn about the *amygdala*, where his brain processes decisions. That new information helped him realize that there were reasons behind the “attitudes” that got in the way at school and at home.

“It was actually fun doing the activities with Tonya coaching us, because she knew what she was doing. We weren’t just going through a book, so it was never boring.”

Both Rick and his mom could see **TARGET** at work in the days between the weekly sessions. Instead of getting angry when he had to take care of his laundry, he remembered the **FREEDOM** steps to “chill himself down.” Rick could even spot on his mom’s face the exact moment when she “shifted gears” to bring her own emotions down

after reminding him (again) about the laundry.

He said, “I learned to think through options. I know that I can walk away. I also know how to take responsibility for my part when I don’t respond right the first time.”

“**Just think about it!**” is the phrase that Rick thinks should go on **TARGET** t-shirts for everyone, because it works for all kinds of stresses in all kinds of circumstances.

*\* Quotes from an actual **TARGET** participant with names changed for privacy*

### **TARGET (Trauma Affect Regulation: Guide for Education and Therapy)**

is a free program that is being offered to Illinois adoptive and guardianship families. The 7 **FREEDOM** steps are shared in a series of in-home sessions so youth and their families can understand and control trauma-related reactions to everyday life stresses.



Get started with **TARGET** and discover ways to keep your family on track after adoption or guardianship

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### Rick’s **FREEDOM** steps to choosing how to respond

