

GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

THERAPEUTIC

WORK CARDS



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FERI

THERAPEUTIC WORK CARD 1

Stress related to public speeches, for example speaking in front of an audience.

Write out your concerns about the stress caused by a public speech, or a speech in front of the class , reading out loud or another situation in which people look at you.

.....
.....
.....
.....

When we stress, stress deprives us of the volatility of the mind and courage, making it impossible to present ourselves. One of the main sources of this stress is the conscious or unconscious fear of what others will think of us.

.....
.....
.....
.....

Suppressed emotions will one day “explode”

This is called “Hydraulic theory” according to which uncensored emotions cause an increase in tension, and the only way to achieve peace is to express them.

Writing / naming fears that cause excessive stress will help you reduce your tension and look at what’s really upsetting you.



THERAPEUTIC WORK CARD 2

PREDICTIONS	PLANS
How will I look?	What will I do?
How will I present myself?	What wont I do?
What will others think of me?	What will I say?
What will others say about me?	What is my body language going to be like?
Worst case scenario	Best case scenario

My choice (write down which scenario you're choosing. The worst or best case.)

.....

.....

.....

Tools that I need in order for my plan to work out.

.....

.....

.....

THERAPEUTIC WORK CARD 3

In the previous exercises, concerns and predictions have been explored. It is important to remember that none of us can predict anything and is not responsible for what other people do. It is important that we are aware that everyone is responsible for their feelings and emotions.

Even if we have a plan, stress may appear. Even if we have a plan, even if we are well prepared, what happens then? We must also prepare ourselves for when our plan doesn't work out and focus on the facts.

How do I feel stress?

.....

.....

What happens to me then?

.....

.....

How will I know that I am stressing, what is happening to my body then?

.....

.....

How long before can I tell that I will experience stress?

.....

.....

How long do I have in order to stop stress?

.....

.....

What will I do ?

1.....

2.....

3.....

4.....

THERAPEUTIC WORK CARD 4

1. " It went well " according to " The best possible scenario "

You are happy with yourself, it went as you planned, it was not so bad! oh, it was even fun.

What went well?

.....

Is there anything you would like to improve on?

.....

If so, what is it?

.....

How will you reward yourself for job well done?

.....

Tips for the future

.....

2. " I didn't go well " according to " The worst possible scenario "

You have a speech in front of the class already behind you. What went wrong?

.....

What would you like to improve on?

.....

How are you going to achieve this?

.....

How will you reward yourself for attempting to fulfil your plan?

.....

Tips for the future.

.....

THERAPEUTIC WORK CARD 5

The table below has 11 words hidden horizontally and vertically. Find them and circle them with a pen or pencil. Write down the words found below and create your own definition for them and describe what it means to you. There are no bad answers. In the description, follow the first thought that comes to your mind.

A	C	F	T	P	R	K	S	T	A	S	U	I	F	H	L	A	F	W	F
R	W	R	Y	Q	A	W	R	U	P	A	D	G	J	K	N	S	C	B	N
C	F	F	H	D	S	T	R	E	S	A	D	H	E	M	O	C	J	E	Q
S	N	B	M	B	G	S	W	D	T	G	D	S	H	I	K	A	S	Q	Y
G	M	E	D	Y	T	A	C	J	A	C	S	S	D	D	F	E	S	R	C
D	S	D	H	L	T	D	R	R	Y	E	A	G	G	F	H	F	R	F	R
G	L	D	T	W	D	H	U	T	C	F	M	H	H	R	R	R	V	S	F
B	E	B	D	F	R	D	Y	K	G	A	O	K	T	T	E	G	H	A	B
A	K	V	G	T	F	S	I	O	B	T	O	B	I	G	L	S	L	M	T
S	I	R	T	Q	P	A	P	G	E	Y	C	M	J	T	A	D	Y	O	G
D	K	D	R	G	F	O	B	I	A	F	E	C	L	W	K	T	D	S	B
U	R	F	B	H	F	Y	G	F	W	W	N	S	K	D	S	G	B	W	Y
P	I	Y	P	B	H	D	R	H	D	S	A	A	Q	B	R	S	R	I	H
A	Y	U	Q	D	I	S	D	J	B	A	W	Q	O	C	E	C	Q	A	N
H	L	I	G	S	L	Q	S	I	T	R	R	F	D	U	H	B	D	D	U
L	E	D	B	Q	S	N	F	P	G	H	Y	R	D	Y	I	N	S	O	H
S	K	A	W	A	Q	C	E	O	H	Y	U	D	E	T	L	M	B	M	H
W	W	D	T	U	M	Y	S	L	I	C	I	T	C	B	S	U	T	O	N
R	Q	R	Q	P	A	X	F	H	L	F	D	T	H	N	Q	I	P	S	I
C	A	S	R	T	D	I	G	S	G	O	P	Q	W	D	E	T	Y	C	S

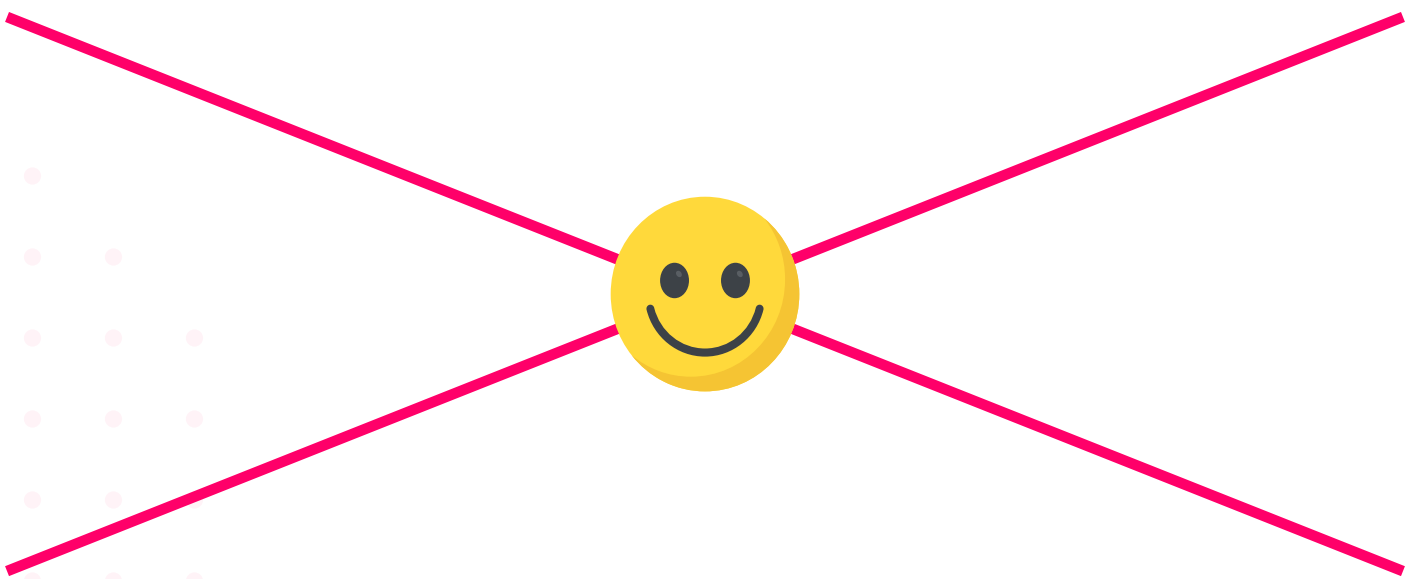
- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....
- 11.....
- 12.....

THERAPEUTIC WORK CARD 6

Train mindfulness – casting an anchor

In stressful situations - you often get anxious about the class, group and school forums. If you experience this unpleasant feeling, paralyse you, forget about what you certainly know, you are getting less focused, it's time to train mindfulness.

“Focus on the intersection of the line and the X mark for a minute. When you start to get distracted, you feel that you are about to lose control, get attention to the right track”



Focus on anchors present around yourself



Glass



Mug

Write down your own examples of anchors basing on objects around you:

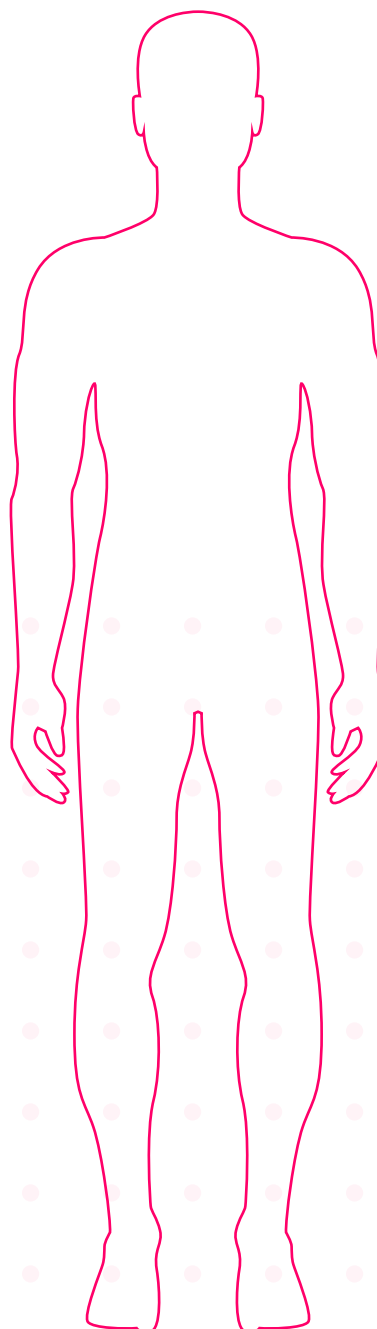
- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

THERAPEUTIC WORK CARD 7

Paying attention to the breath is a way to focus on the present. Breath is always with us. You can return to it every time your attention flows towards negative thinking towards the future or the past.

Breath is an important life function - a sign of life.

Inhale and exhale few times. Mark in the drawing where you feel the breath (you can mark everything as in the following hint). Then, to each part of the body in which you feel the breath, draw with an arrow using the pen its length



- NOSE
- MOUTH
- THROAT
- CHEST
- BREAST
- STOMACH

THERAPEUTIC WORK CARD 8

Negative thoughts, myths about yourself can appear at any moment. They are like clouds and can be grim like the rain ones. On the rain clouds, write negative thoughts and myths that you have about yourself. Write facts about you on the clouds obscuring the sun.



THERAPEUTIC WORK CARD 9

John Milton in the book; "Paradise Lost" wrote: "The mind is its own place, and in itself can make a heaven of hell, a hell of heaven.." Write down below your hellishly difficult situations and heavenly positive thoughts and heavenly positive situations and hellishly difficult thoughts.

Hellishly difficult situation	Heavenly positive thoughts
Heavenly positive situations	Hellishly difficult thoughts

THERAPEUTIC WORK CARD 10

Positive motivation is needed at school to achieve positive results. It is the way to change and achieve the goal. In order to trigger the desire to change the way you think about yourself, others and the world, you must be aware of your limitations - motivational obstacles.

List your thoughts – what motivational obstacles cause you to give up, avoid taking action and achieving goals.

Thoughts:

I do not like (what ?, whom?)

.....

I do not want (what? Whom?)

.....

I'm afraid (what? Who?)

.....

It's too difficult (what?)

.....

I'm not good at it (in what?)

.....

It's boring (what? Who?)

.....

I want to sleep (for what reason?)

.....

I can not cope (from what reason?)

.....

I can not (what ?, how do you know?)

.....

Look carefully at your answers.

Each of these is motivational obstacles is a bar that you can overcome.

Choose three obstacles and make a plan how to overcome them:

- How do I do it? Step by step plan.
- When?
- Who will help me with this?
- When will I know that I am ready?

1

2

3



THERAPEUTIC WORK CARD 11

Low self-esteem is installed from early childhood by people with whom we have direct contact and who are important to us for various reasons. They are parents, teachers and peers. They express their opinion about us, they judge us on the basis of how we behave, not on the basis of what we are like, for example: "you are misbehaving, you are stupid, etc."

If you struggle with "disliking yourself" then you probably built an opinion about yourself based on external opinions. Value you attribute to yourself is probably significantly lowered than the value you have in reality.

Mark your value on the axis. If the value is between the two axes described, name it in your own way.



Below is the line – the continuum, symbolizing your life. During it, you heard different opinions about your yourself. Mark your age on the line, divide the past from the future with a line. Write on the continuum of the past or think about what opinion in the past you heard about yourself. Then think what opinion about yourself you have built about yourself on the basis of what you heard.

If this opinion in any way hinders you in achieving your goal, write down the opinion about yourself based on the facts of your life, not on the subjective judgements of others behind the line.



THERAPEUTIC WORK CARD 12

Building positive self-esteem is like constructing a pillar based on external and internal opinions, filtered through our system of values.

It consists of 6 steps:

Step 1. AWARENESS

- Are you aware of the world around you?
- Can you distinguish between subjective and objective one?
- Can you separate facts from emotions and thoughts?
- Do you know what is going on around you?
- How well do you know yourself?
- How well do you know your reactions, behavior, emotions?
- How do you see your development, openness to the world and getting to know yourself?

If you already know the answer to all questions, write down below, what you can see in the near future to increase your awareness, external and internal.

Step 2. SELF-ACCEPTANCE

- To what extent are you able to accept yourself now?
- Can you stop making allegations to yourself?
- Can you deal with the deficiencies and treat limitations as an opportunity for change and development?
- Do you know that you have the right to express yourself and do what you want in life, not what you have been told you can do?

If you have already answered all the questions, write down below a list of all the steps to be taken to increase your acceptance level

Step 3. RESPONSIBILITY

- To what extent are you ready to take responsibility for yourself and your decisions?
- At what level can you now value the responsibility for meeting your needs?
- How do you assess the level of your own responsibility for your happiness at the moment?

We only rate what depends on us.

In the table below, list the areas in which you can increase your responsibility

--

Step 4. ASSERTIVENESS

Assertiveness is the ability to show respect for yourself

- How much are you ready to show respect for yourself?
- How much are you able to decline someone, considering that saying “yes” would be associated with a loss of respect for yourself?

Make a list of behaviours you need to practice to raise your self-esteem.

--

Step 5. PURPOSE

- What goals do I have?
- For tomorrow?
- For a month?
- For a year?
- For 5 years?
- Are there goals which you gave up only because you based your opinion about yourself on external evaluation?
- The most difficult question: what is your goal in life?
- Will the opinion of others prevent you from achieving each of the objectives above?
- Do you live your own life or other people's lives and failures?

Set a list of goals to be implemented:

Step 6. EFFECTIVENESS

- Do you trust yourself?
- Do you see yourself as someone you can depend on?
- Is what you say and what you are doing consistent?
- How would you assess your effectiveness?

6 steps finished! Congratulations!
Time for self-evaluation.

THERAPEUTIC WORK CARD 13

A habit is an automated pattern of thinking or behaviour. In specific situations you react in a similar way without being aware of it. It may be a situation when you think that you can not cope with the challenge. Now you can ask yourself:

HOW to change negative thinking into healthy – triggering motivation to act and allowing achieving the goal. Below are five questions of healthy thinking. Read them, but first write down at least three negative thoughts that most often appear in your head (i.e. I will never manage to pass a test)

- 1.....
- 2.....
- 3.....

Check if your negative thoughts are based on facts. Test of each of the above statements with the following questions:

1. Is this thought based on facts?
2. Does this idea protect my life and health?
3. Does this idea allow me to achieve closer and further goals?
4. Does this idea allow me to solve conflicts or avoid them?
5. Does this thought let me feel as I would like to feel?

Remember that healthy thoughts meet at **least three of these five principles.**

If your answer to your own thoughts had at least three negative responses, **it's time to change your mindset.**

THERAPEUTIC WORK CARD 14

We are afraid of what is unpleasant and unknown, we are often afraid of failure. As a result, we often retreat and do not take action. Fear paralyzes us. You can overcome it, by mobilizing what every has - courage.

Courage depends to drawing strength from inside yourself, to do whatever you want to avoid, but what do you know you should do (i.e. go to school, stand in front of a group and give a lecture, etc.)

Think and write down something that you have always been afraid of:

.....
.....

Think and write down the fear you want to face in the near future:

.....
.....

Think and recall in what situation you did not allow fear to paralyse you:

.....
.....

How did you feel when you overcame your fear?

.....
.....

Think and write down whether you have the courage and how to face your fears knowing that you have already dealt with them before:

.....
.....

Think and write about how would you feel after confronting your fear in the near future:

.....
.....

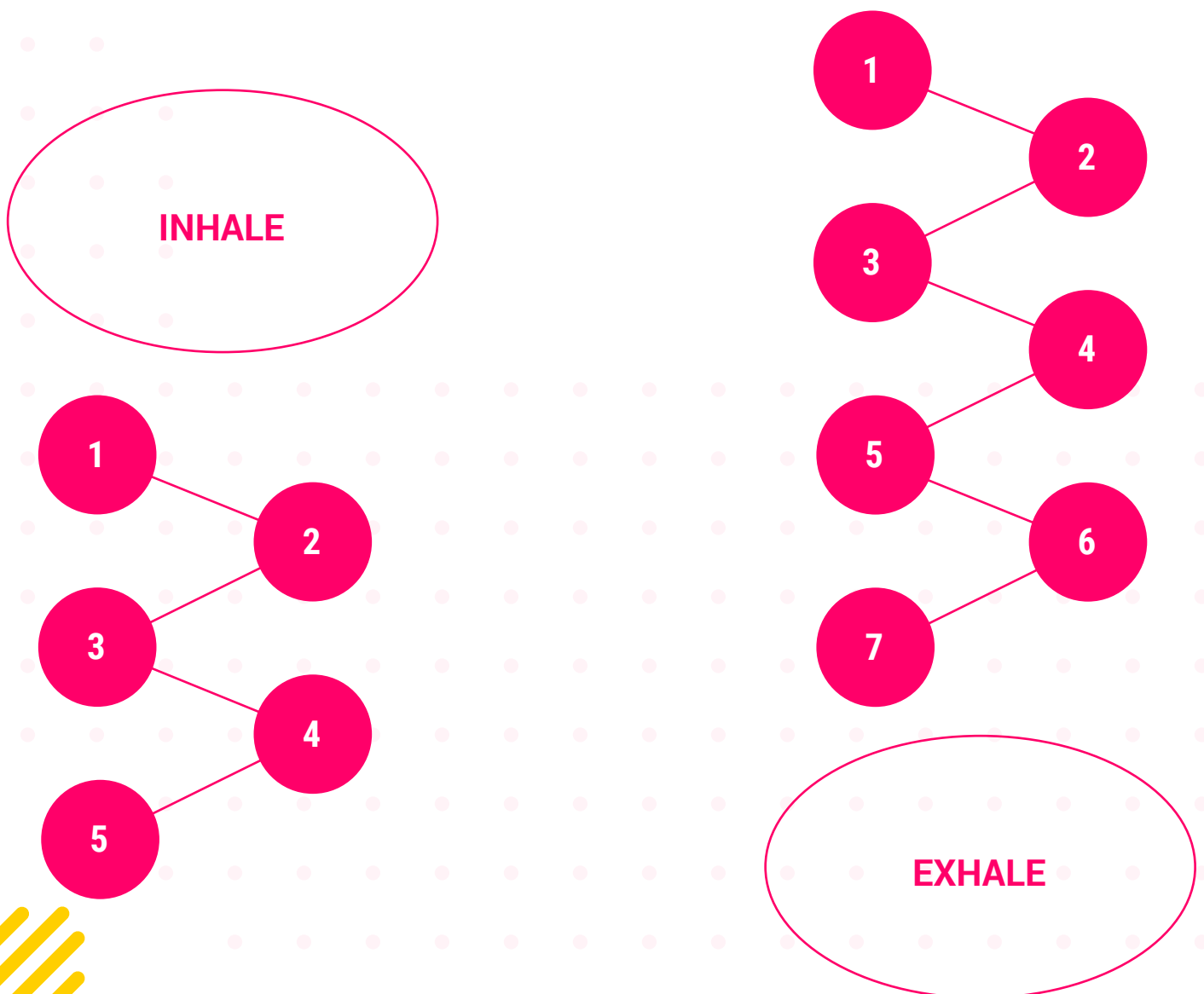
THERAPEUTIC WORK CARD 15

Breathing reflects and intensifies emotions at the same time.

Momentary stress causes the body to tense, which makes the breathing shallower. Shallow breathing lowers oxygen levels in the blood, which the brain perceives as stress. In a vicious circle of abnormal breath, it becomes faster and the oxygen level in the body decreases. The heart begins to beat faster. The brain is feeling more stress.

However, there is an alternative, you can breathe more slowly and light breathing will stimulate your nervous system, calm your thoughts, emotions and start to relax. If in doubt, take a deep breath. And now TAKE DEEP BREATH, counting up to five in your mind. HOLD your breath for a while. Then exhale, counting up to seven in your head.

Repeat this breathing pattern 5-7 times until you feel relaxed, strong, and have regained control of yourself. USE THIS EXERCISE WHENEVER YOU WANT.



THERAPEUTIC WORK CARD 16

Some ways to fight stress are ineffective. Instead of helping, they often make it difficult or impossible to get out of a difficult situation. They badly affect mental, physical and emotional health.

- These are some of them:
- Smoking
- Use of designer drugs
- Creating black scenarios
- Alcohol consumption
- overuse of sleeping pills
- blaming yourself and others
- isolation

Create your own Decalogue – a list of ways to deal with stress. Follow the directions.

1. Think positively
2. Find time to rest
3. Manage time – sort matters from:
 - The most important matters
 - Important matters
 - Matters that can wait until the end of the week
 - Matters that can wait longer
4. Healthy eating – the brain must have fuel
5. Be physically active
6. Get to know the power of your voice
7. Have a good night's sleep
8. Make contact with nature
9. Watch your favourite films
10. Use breathing, relaxation and meditation training.

1	
2	
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4	
5	
6	
7	
8	
9	
10	

THERAPEUTIC WORK CARD 17



To think rationally combine the power of reason with the power of emotion. Review all information you have. Visualize people and events that may be related to the matter you are investigating. If you do this, your brain will work more efficiently. Visualization assumes CONCRETENESS.

If you think about your public speech, on a group or class forum, remember and imagine what it looked like. Try to verbalize it, that is, speak out key facts that may matter in the issue.

Verbalisation and visualization will stimulate the knowledge of this latent and explicit. The automatic association network activation will take place – processing.

You already have quite a lot of information, your brain is working at full steam. Do you already know why you behaved like this? What were your body signals, how did you interpret them?

Now it's time for action. What will you do in your next public speech? YES!!!! YOU GOT IT !

 		
Overview of information and visualization (imagine your speech)	Knowledge about Open and hidden (what do you know? What you can know if you imagine your step-by-step presentation)	Stimulation of the associations network in the body and brain (Merge what you know with what you've learned)
Walk (where?, Imagine if you can not get out right now)	Verbal and sensory activation PROCESSING	Work at full steam
Why?	Decision signals from the body and their interpretation	What to do?
How to do it?		Yes ! - How will you do this?

THERAPEUTIC WORK CARD 18

Describe two situations that happened to you this week: one when you felt very upset, scared or worried, and the other - when you felt relaxed and relaxed. Describe what you felt and thought at the time.

I was very upset, scared or worried when:

.....
.....
.....
.....

I felt relaxed when:

.....
.....
.....
.....

Watch a person this week. It can be someone from your family, friend or colleague, or a character from television. How can you know how this person feels if he does not tell you about it directly?

- Person's name:
- Situation:
- The feelings of this person:
- What helped you recognize the feelings of this person?

THERAPEUTIC WORK CARD 19

Constructive feedback

Determine which sentence is constructive feedback?

Check: T- Yes / N-No

1. You are always late, I cannot count on you coming to the meeting on time.
2. You are awful! I asked you to let me copy this exercise. Because of you I got F.
3. Your colleagues say that you are very helpful.
4. You are too nervous. Sometimes you provoke conflicts and then the trouble arises. You need to work on that.
5. You've overslept again. If you continue to play for so long, I will seriously think about limiting the internet.
6. One more warning! Once I catch you smoking again, you're out of school.
7. You were late for the bus, which made the whole class wait. I expect you to follow the set schedule on the next trip.
8. During the previous lesson, you were disruptive, so I did not understand anything from the lesson. Next time, respect our time and be silent.
9. You were rude to Kasia yesterday. She cried because of you. Do not insult other because it hurts them.
10. I heard that you were talking about the last school disco. I know that you lied about Baška. Retract it!

Think about how the correct messages should sound in the case of statements that you have defined as unconstructive feedback.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

THERAPEUTIC WORK CARD 20

ABC of Emotions

How does fear, anger, and sadness appear? In certain situations, automatic thoughts are generated in us, they trigger our later emotions, and emotions affect our action (or lack thereof). The entire process takes a fraction of a second and in fact it would seem that we do not have much influence on it. However, if we learn to recognize these automatic thoughts and change them, we can influence the other elements: our emotions and our actions.

Where to start? From recognizing automatic thoughts.

Do the exercise: create a calendar of automatic thinking. At the beginning, write in it 2-3 situations from the last time, during which a negative emotion appeared in you. Then, try to write out situations that will cause you emotions that are difficult for you over the next few days. Identify the automatic thoughts that appeared at that time and which you think could have contributed to their creation. Describe its length and intensity according to the formula in the table below:

Day, time	Situation	Automatic thoughts	Emotions	Intensity 0-100%	Intensity while reminiscing the situation 0-100%
Example: Wednesday , 17.00	Argument with Ania about truancy	Is she crazy, what is she thinking, she has bad grades and bunks off?	ANGER	90%	5%