

# GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

# INDIVIDUAL WORK CARDS



Powiatowe Centrum  
Pomocy Rodzinie  
w Oświęcimiu



UK - Butterflies LTD



FERI

## INDIVIDUAL WORK CARD 1

Building confidence is a process in which you should focus on your own resources and success.

Start keeping a diary where you will record all the successes of the current day. Remember to include not only these great and important events, such as passing the exam, but also minor ones, such as cleaning the room. List everything that you feel is a success.

Then next to each event, write down what resources you used, which contributed to your success.

<b>Success:</b>				
Skills	Experience	Opinions	Talents	Interests
<b>Success:</b>				
Skills	Experience	Opinions	Talents	Interests
<b>Success:</b>				
Skills	Experience	Opinions	Talents	Interests

What reward will you give yourself for today's successes?

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## INDIVIDUAL WORK CARD 2

Remember the situations, events from the results that caused you stress, anxiety, uncertainty.

List them.

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

If you haven't worked them, you will probably react in the future. The same mechanisms will work.

In the report for each of the situations listed above, answer the questions

Save answers.

<p><b>What impact does this situation have on you?</b></p>	
<p><b>What does this situation teach you?</b></p>	
<p><b>What impact does this situation have on you?</b></p>	
<p><b>What does this situation teach you?</b></p>	

## INDIVIDUAL WORK CARD 3

In situations that cause us stress, anxiety, uncertainty, it is worth reaching for relaxation methods, e.g. those that are associated with visualization.

It happens that in difficult situations you want to hide in a place where you feel safe. This is not always possible in the reality that surrounds you. However, you can do it in your own head.

Imagine a beautiful, peaceful place where you feel safe. One where nothing threatens you, nothing bad can happen. No negative feelings or emotions have access to this place. Observe exactly how it looks. Look at the colors, objects, smells and sounds. Try to see and remember as much detail as possible. Observe how you feel there.

Describe this place as accurately as possible. This will allow you to capture this image.

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Now try to draw the place described above. You can use any artistic method to make this image. If you find a picture or drawing that matches the description - stick it below.



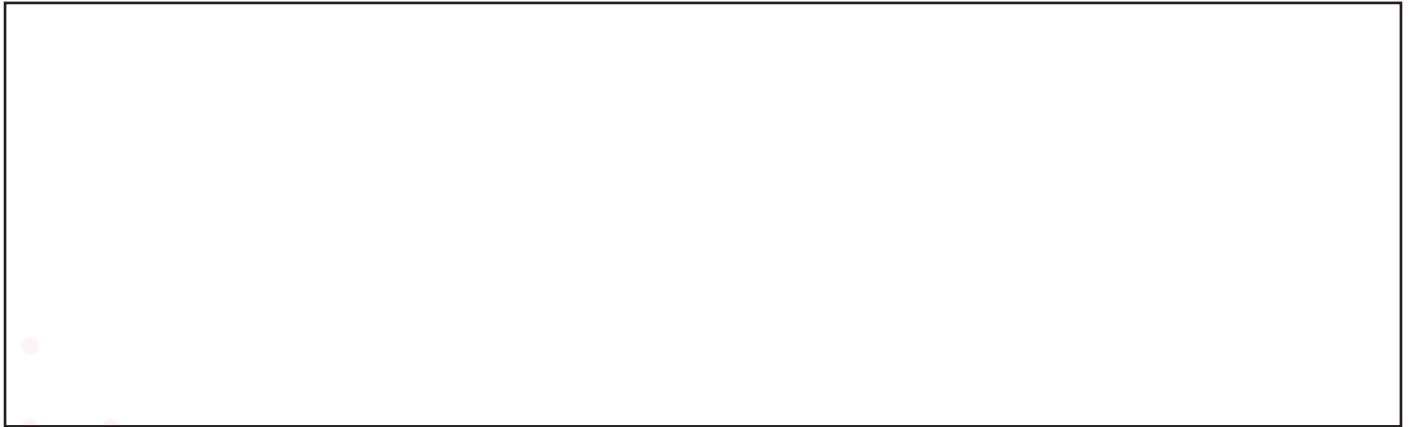
In a situation where you are overwhelmed by anxiety, stress or uncertainty and you feel the need to take shelter in a safe place, bring the above picture in your mind.

## INDIVIDUAL WORK CARD 4

Everyone has in their surroundings, close or closer, people who consider themselves confident, resistant to stress. When building your own confidence, it's worth taking a look at the same and learning from them.

Now think about a person who is resistant to stress, depending on you.

In the frame below, draw or paste a photo of this person, you must have this opportunity.



List below the characteristics of this man. Those that offer self-confidence, assertiveness and stress resistance. It will be helpful to answer the following questions:

What does this man think? What does he believe in? How it behaves? What is his / her body posture? What skills does he have? What knowledge does he have? What experience?

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Now, look at the description above and write:

- which of these features do you have?

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- which can you work on?

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What action will you take? What will be your first and next step?

Save answers.

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## INDIVIDUAL WORK CARD 5

In the following exercise, you will look at situations that cause negative feelings in you, such as anxiety, stress, uncertainty.

You can use this exercise in the form of a diary. By following the steps below.

1. Describe the situation that caused you negative feelings.
2. Write down what you thought in this situation.
3. Write down what negative emotions arose in this situation.
4. Describe the consequences of this situation (what happened? What did you do? What did you not do).
5. Think about and describe what advice you would give your friend, someone in the family, a loved one, so that he / she can avoid unwanted emotions and negative consequences. Complete the table.

1. Situation:		
2. Thoughts:	3. Emotions:	4. Consequences:
5. Advise to a friend:		
1. Situation:		
2. Thoughts:	3. Emotions:	4. Consequences:
5. Advise to a friend:		

## INDIVIDUAL WORK CARD 6 – INNER CRITIC

Every man has an internal dialogue in his head. It's all right if it's supportive and motivating. The problem begins when in such a conversation with yourself you start to focus on your flaws, failures, weaknesses. This means that an internal critic has appeared. Negative dialogue evokes unwanted emotions.

You can beat the internal critic and turn negative dialogue into supportive for you. Describe the situation in which an internal critic appeared in your head.

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What does your internal critic look like? Who is he What voice does he speak to you? What is his tone? Perhaps he takes the form of a person from your surroundings. Describe him below. You can also draw it or stick a picture of it in the frame below.

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An internal critic often uses formulations such as: "You certainly can't handle it. Don't even take on this task. " In the left column of the table below, write what your internal critic says to you. What words does he use.

What does an internal critic say to me?	What will I answer to an internal critic?



Now think about how you can respond internally to the critic. In each of the above suggestions, supporters that require repulsed critic attacks. Try to write them out as much as possible. Remember to focus on your successes, advantages, skills, the best experienced, talents.

When you complete the table, think about how the internal critic has changed now. What does it look like now? Describe

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## INDIVIDUAL WORK CARD 7

Apply a STOP plan alone. Start keeping a diary within the next week.

At the end of each day, describe the situation that has happened to you. It is about such an event that caused you stress, anxiety, lack of confidence. Describe your thoughts, feelings and how you handled this situation.

Situation

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**F**ear overwhelms me!

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**N**ow something bad will happen!

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**I** reject passivity!

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**I** did it!

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What reward will I give myself?

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## INDIVIDUAL WORK CARD 8

There are situations when fear, anxiety, stress, lack of self-confidence mean that you don't take action, retreat, run away, do not do what you care about, what you would like to do.

Describe this situation.  
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What caused you not to take action? What thoughts, what emotions got in your way? List them.  
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Think about and write down what you lost due to the fact that you did not take action?  
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Start your imagination now. Think about and write down what you could gain by taking action.  
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You can see what the actual losses and potential profits are. Write below what you can do to prevent the situation described above from happening in the future. What can you change?  
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At the end of each day, you can think about yourself and ask yourself: do you have such situations today when, because of fear, fear, shame, uncertainty, I didn't take action?  
Answer yes, include the above exercise



## INDIVIDUAL WORK CARD 9

You can use the Sedona method yourself when you feel the need to release negative emotions, such as anxiety, fear, shame, anger. Systematic practice of this process will contribute to the fact that the effects will be more and more noticeable to you.

You can keep your own diary. Every day, preferably at the end, sit in a quiet place and remember all the situations of the current day that were associated with unwanted emotions.

Describe these situations.

Then write down which situations were accompanied by emotions. Highlight those that were negative, unsupportive, demotivating.

<b>Situation 1</b>	<b>Emotions</b>
<b>Situation 2</b>	<b>Emotions</b>
<b>Situation 3</b>	<b>Emotions</b>

Now perform the process of releasing each of the emotions you deem unwanted in four steps below.

**Step 1**

Focus on the emotion you want to release. Let me accept her. Don't resist her.

**Step 2**

Ask yourself: Could I let this emotion (name it, e.g. fear) go away?

Answer quickly without thinking. It does not matter what the answer will be.

**Step 3**

Ask yourself another question: Will I let this emotion (name it, e.g. fear) go away?

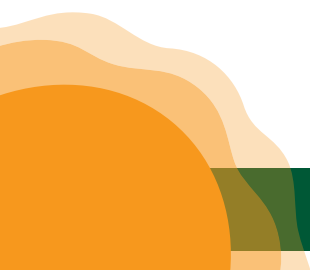
If the answer is other than "yes," ask yourself if you feel the way you want to feel with this emotion.

#### Step 4

Ask yourself: When?

This question will be an incentive for you to release negative emotion right now. Remember that you are the one who makes the release decision. If you decide to stay with this emotion, then it will be fine too. You can try again at a different time.

The process of releasing emotions should be repeated. Each subsequent repetition will make you feel unwanted emotion with less and less intensity.



## INDIVIDUAL WORK CARD 10

The method of realising negative emotions can be freely modified. Engage your imagination and exercise to see which from is most effective for you.

One of the suggestions below.

Describe the situation that caused you negative emotions:

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List all unwanted emotions associated with the above situation:

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Perform the process of releasing each of the above emotions as described below.

Imagine holding a transparent ball in one hand. With your other hand, look in the body for the place where you feel the unwanted emotion most strongly and make a physical gesture, as if you were pulling it out of the body and putting it in the ball that you are holding in the other hand. Now throw the imaginary ball with the emotion inside, far behind you. You can repeat this gesture several times. Check what has changed in feeling unwanted emotions. Repeat this process until you stop feeling negative.



What is your idea for your own version of the release technique?

Describe him.

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