

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 11

Ok, we believe you can predict the future. Determine exactly your "predictions"

WHAT?



WHERE?



AND WHEN EXACTLY?



WHOSE MERIT IS IT?



WHO IS IT TO BLAME?



WHAT WILL THE FINAL EFFECT BE?



INDIVIDUAL WORK CARD 13

Cognitive distortion
EXAGGERATION versus MINIMISATION or “binoculars” effect



You often highlight your weaknesses and emphasise the successes of others. On the other hand, you are diminishing your advantages and achievements and at the same time you think that the mistakes and slip-ups of others mean nothing.

CATASTROPHIC THINKING - demonising ordinary events

“Don’t worry about another failure ... you are a great student anyways..Not like me”
“I have a difficult situation at home but it’s nothing compared to children who are at orphanage”

My examples (minimising the reach of success):

My examples (exacerbating your own failures):

INDIVIDUAL WORK CARD 16

ADVANTAGES AND DISADVANTAGES of dysfunctional assumptions

What are the advantages of thinking, that:

„.....?
.....?“

What are the disadvantages of thinking, that:

„.....?
.....?“

It seems like:

On the one hand:

.....
.....

But on the other hand, it causes that:

.....
.....

How helpful would this change be?

Thinking / assumptions / behaviour?

.....
.....

What assumption would be more realistic and helpful?

.....
.....

Refreshing breathing while walking

A large grid of small pink dots arranged in approximately 20 rows and 20 columns, intended for writing notes or reflections.

INDIVIDUAL WORK CARD 17

When walking, look slightly down at the tip of your nose.

- When you breathe in and out through your nose, listen to your breath.
- Notice the sound that accompanies your breathing: Is it high or low?
- Start being aware of your posture. Is your back straight? Are your arms drawn back and your head raised? Are you not hunched over?
- Listen to the sound of your steps. Do they seem heavy or light to you? Describe the sound of your steps.

As you walk, repeat to yourself: “Now I notice my way of breathing. When I take a step, I breathe in. When I take the next step I exhale.”

Allow yourself to experience how you walk for a few minutes.

- Stay focused on inhaling and exhaling.
- Note what happens when you become aware of sensations related to your body.
- Do you have more awareness of your steps?
- Has your posture improved?
- What does your breath sound like?
- Do you feel calmer?

Remember to walk in a calm and relaxed way. The rhythm of the steps will help you quickly enter a natural state of relaxation.

Do this exercise for 5 minutes. You can go fast or slow.

- Note that if you focus on walking sounds while walking, getting into a natural state of relaxation becomes easier. You can do this exercise anywhere, anytime.
- If you feel stressed in the office, take a few minutes break and go to the restroom, exercising along the way. You're thirsty? Take a short break and take a walk before you go for coffee. The lunch break is also a great opportunity to practice. Exercise also after leaving the office. Breath accompanies you always and everywhere. This simple exercise is extremely effective.

INDIVIDUAL WORK CARD 18

CATASTROPHISATION - Cognitive distortions

If you "catastrophise" then a small leak at the bottom of the boat makes it entirely sink. From all possible scenarios, you tend to choose the worst, even if it is the least likely.

When you read in the newspaper about some bad news or hear unpleasant gossip, you immediately start to think "What if this misfortune happens to me?"

- What happens if I break my leg?
- What will happen if they reject me when recruiting?
- What will happen if a friend starts taking drugs?

This list could be endless! The catastrophist's imagination knows no bounds.

- "Headache is probably a sign of brain cancer"
- "If I fail this exam, I will lose everything and die under the bridge"
- "While I come back home, some people will definitely attack me"

All these things can happen, but their probability is usually less than you expect!

- 10% people = will happen once in 10 days (3 times a month)
- 1% of people = will happen once every three months

My examples:

.....

.....

.....

.....

.....

INDIVIDUAL WORK CARD 19

MIND READING - Cognitive Distortion

You see things negatively, whether you have any proof of it or not.

You find that someone is hostile to you, but you don't check it in any way. You react by backing out or attacking. This, however, causes negative reactions from people who are close to you and automatically confirms your belief - that others are hostile to you.

In fact, you provoked it by negative interpretation of these people's behaviour.

"He didn't talk to me today. He's probably mad at me. What have I done wrong?"
(Or maybe he has a cold and throat problems?)

This mistake creates a feeling that makes you think exactly what other people think.

My examples:

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.....

.....

.....

.....

INDIVIDUAL WORK CARD 20

Cognitive distortions

EXTREME THINKING - ALL OR NONE

You see the glass as half full or half empty. Your thinking is extreme - you do not see any other solutions. For you, there are no things "in between". Things happen to be either great or hopeless. If what you do is not perfect, you think about it as a total failure. This leads to perfectionism or striving to be perfect and faultless.

The biggest threat to extreme thinking is its impact on one's self-esteem. If you think this way, you may feel that if you are not ideal then you must be a complete failure. There is no space for errors nor average-good results in such thinking.

Everything is perceived according to the "all or none" principle.

Minor shortcomings and the inability to be perfect is considered a complete disaster.

When do you usually think in such way?:

.....

.....

.....

My thoughts:

.....

.....

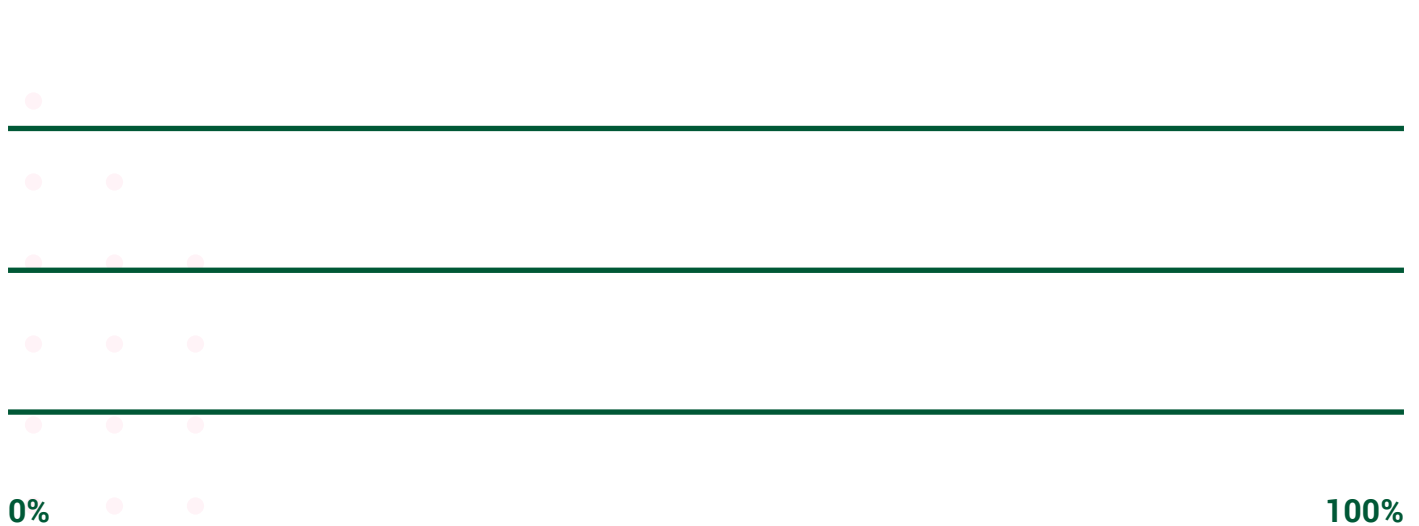
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INDIVIDUAL WORK CARD 21

The key to overcome the extreme thinking is to refrain from the extreme judgments. People are not just entirely happy or unhappy, absolutely rejecting, perfectly brave or completely cowardly. Most of us show different intensity of features.....

If we need to make any judgement let's try to evaluate it on a percentage scale.

My features:



Score:

- 60 % – 80 % Zone of success
- 80 % – 90 % Zone of excessive effort
- 90 % – 100 % Zone of miracle

INDIVIDUAL WORK CARD 22

EXCESSIVE GENERALIZATION - cognitive distortion

You see individual events as a series of endless failures. If there is a misunderstanding between you and an important to you person you might think that they don't understand you and don't care about you at all. You think you will always be isolated and misunderstood by this person. In the end you come to the conclusion that what happened to you once will keep being repeated in the same way.

- "nobody ever understands me"
- "I am always rejected in a group of friends"
- "this is my fate - the worst always comes after me"
- "only she understood me"
- "nobody cares about me"
- "everyone avoids me"
- "people are bad"

This mistake in thinking causes a one-time event or failure to increase rapidly, heading to an endless defeat.

My examples:

.....

.....

.....

.....

.....

INDIVIDUAL WORK CARD 23

SELECTIVE NOTE - FOCUSING ON THE NEGATIVES

You focus on one negative detail and analyse it for so long until you realise everything around you is “infected” with such negative point of view. If you happen to prepare a good dessert, but at the same time you do not succeed in cooking a soup, then you ponder so long that eventually you start to treat the whole dinner as a huge misfortune. You focus **ONLY** on negative events. You only see things that went wrong or are not right. Any positive aspects are ignored by you or treated with disbelief.

“I won the game but... I forgot to pass the important round”

“I’m a bad friend and a hopeless student”

We sometimes call this distortion “black glasses.” Black glasses only allow you to see one side of events - the negative side! If you are having fun or you encounter pleasant things, then black glasses will find something that went wrong or was not satisfying enough. They are those negative things that you’ll notice and remember best.

Perhaps the teacher recently praised you for your work, but when you were asked to complete and return some documentation - this last request put you in a bad mood because you focused only on one part of the home work and thought that “you are lazy”. And because of that you only focused on the harsh part of the teacher’s message.

My examples:

INDIVIDUAL WORK CARD 24

REJECTING THE POSITIVES

This thinking mistake is about rejecting any positive aspects and seeing them as irrelevant or challenging. You reject, do not take into consideration positive experiences and deeply maintain a negative belief that is not based on your daily experiences.

For this, you use various, often irrational arguments. E.g. You will not allow yourself to feel good or to have pleasant emotions because you will tell yourself that they must be followed by unpleasant feelings - in this way you will start to feel guilty for feeling good.

You gradually eliminate all the good things that happen in your life.

"I think I feel good, but..."

"You look beautiful in this dress.. but it doesn't matter, because it's a dress bought on sale 10 years ago"

When a person finds out that people are willing to make an appointment with him/her, they state that:

"He probably couldn't find anyone else to go to this party with"

When you handle a math test well, you can easily discredit it by thinking "but it was simple, we just learned it"

My examples:

.....

.....

.....

.....











.....

.....

INDIVIDUAL WORK CARD 25

The problem that often appears in our opinion is setting unreal, ideal goals. That is why sometimes it is worth considering whether we have set the standards a little above than it should be.

Try to think about a few tasks that await you in the coming week.

Task	Too poorly done	Well enough done	Perfectly done
			
			
			
			

INDIVIDUAL WORK CARD 26

Double standards

Please write in the box below what kind of standards you require from yourself, for example in household chores, studies.



Are these standards the same as if you required them from your friend? If not, let's try to find more rational standards.



INDIVIDUAL WORK CARD 27

Do you remember some of the negative epithets that you describe yourself or your experiences? Think what advice would you give a friend or a colleague?

Would you be as critical of them as you were of yourself?

Current negative opinion:

.....

Advise for a friend/colleague

.....

Why am I more critical towards myself?

.....

CONCLUSIONS:

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

INDIVIDUAL WORK CARD 28

Please combine the sentences from the left side of the column with the diagrams describing the situation on the right side of the column.

Po tym co zrobiła Zuza nigdy nie zaufam rudym kobietom	Skupianie się na negatywach
Te wszystkie negatywne uwagi na odprawie były z pewnością do mnie	Wszystko, albo nic
Jeżeli jedna osoba mnie odrzuci moje starania są do niczego	Odrzucanie pozytywów
Piknik byłby dobry, gdybyśmy nie przypalili kurczaka	Czytanie w myślach
Zawsze się uśmiecha, ale wiem, że mnie nie lubi	Katastrofizacja
Wcale ta bluzka nie jest super, kupiłam ją na przecenie	Nadmierne uogólnianie
Boję się, że ona chce ze mną zerwać, bo nie zadzwoniła od dwóch dni	Przepowiadanie przyszłości
Muszę jeszcze dziś w nocy zrobić wszystkie zadania	Personalizacja
Z pewnością nie zaliczę najbliższego sprawdzianu	Nadużywanie powinności „muszę

INDIVIDUAL WORK CARD 29

Please write down 10 things from which you can be proud of, and which happened in these past 2 days.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Please try to do this exercise everyday for at least two weeks.

INDIVIDUAL WORK CARD 30

The 8 steps

Before you go to the 8 steps, check if you actually need them.

You can use the steps to build relationships, improve social skills and self-presentation.

Who do you usually take things out on when you are unsuccessful?

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

What stops you from achieving your goal ?

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

Do you ask yourself and other people questions to verify the facts?

YES NO

Do you express satisfaction with your achievements?

YES NO

Do you listen to others carefully?

YES NO

Do you save information that is important to you?

YES NO

Instead of looking for different variants of solutions, do you insist on the first idea that comes up to your mind?

YES NO

Are you open to relationships with others while still remembering your needs?

YES NO

1. Attack the problem, not the people.
2. Don't focus on the negative, but on your needs and interests.
3. Ask questions instead of relying on your fantasies and assumptions.
4. Appreciate what has been achieved and express it proudly.
5. Listen carefully to the opinion of other's.
6. Write down the most important things - they'll get clearer right away.
7. Use your imagination when looking for different variants of solutions, do not insist on your first idea.
8. Be flexible and open in relationships but still remembering about yourself and your needs.

