

# GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

TIC TAC

# THERAPY CARD



Powiatowe Centrum  
Pomocy Rodzinie  
w Oświęcimiu



UK - Butterflies LTD



FERI

# THERAPY CARD NR 1

## SUCCESS

What success would you like to achieve?

What do you need to achieve it?



CONCLUSIONS AND COMMENTS

## THERAPY CARD 2

### FAILURE

What did you not succeed in recently?

What did you think or feel when you experienced failure?



CONCLUSIONS AND COMMENTS

## THERAPY CARD 3

Who can support you when you experience failure?

How can you be perceived when you experience failure?

What would you suggest to someone who is going through failure

CONCLUSIONS AND COMMENTS



## THERAPY CARD 4

### COMPLIMENTS

Write down compliments known to you

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What compliments in regard to yourself did you hear recently?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CONCLUSIONS AND COMMENTS

## THERAPY CARD 5

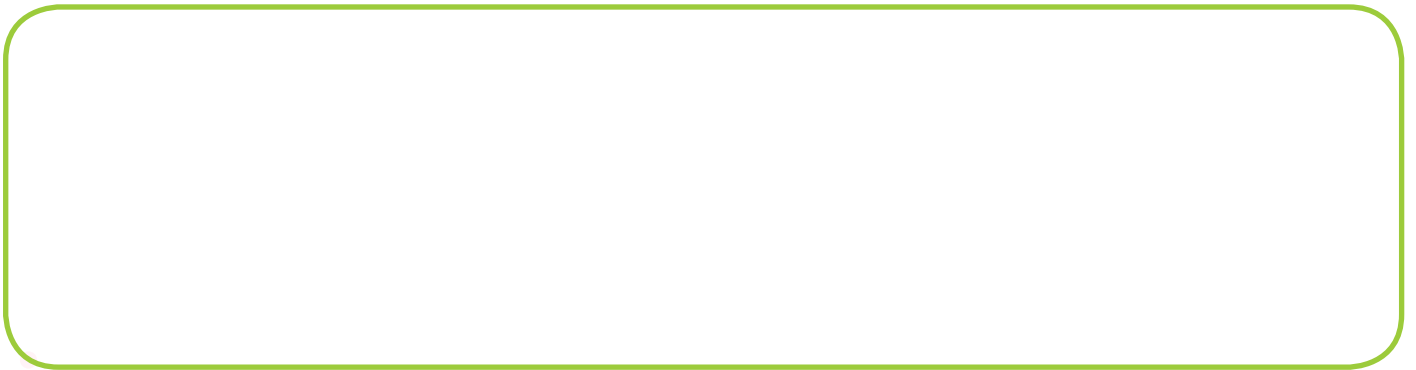
What do you feel when you hear compliments? How do you react to them?

Do you compliment others? How do they react to them?

CONCLUSIONS AND COMMENTS

## THERAPY CARD 6

Do you think that paying compliments affects relationships with people?  
Justify your answer



Who will help you in achieving success?

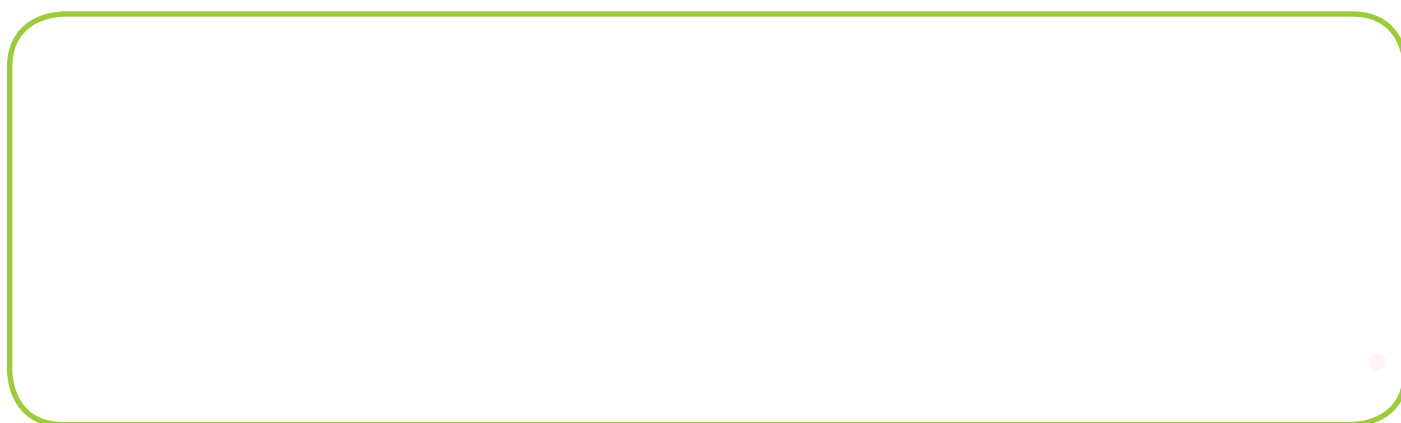


CONCLUSIONS AND COMMENTS



## THERAPY CARD 7

Do you think that if you achieve success it will impact the relationship with your friends? If so, in what way?



How will you feel when you achieve your goal?



CONCLUSIONS AND COMMENTS





## THERAPY CARD 8

### RELATIONS WITH ADULTS

Write down what qualities an adult that you turn to help for should have.

- 
- 
- 
- 
- 

Write down qualities that make you not want to turn to someone for help

- 
- 
- 
- 
- 

CONCLUSIONS AND COMMENTS

## THERAPY CARD 9

Describe your perfect adult (parent, carer, teacher etc.)

Are there any adults in your life that you can turn to for help? If yes, write them down.

- ---
- ---
- ---

In what situations do you turn to or would like to turn to an adult?

CONCLUSIONS AND COMMENTS

## THERAPY CARD 10

### RISKY BEHAVIOURS

Do you know any risky behaviours? If yes, list them

Has anyone from your environment persuaded you to do any risky behaviour?

YES     NO

Has anyone ever persuaded someone to do any risky behaviour in your presence?

YES     NO

How do you feel when someone is persuading you to do something you don't feel comfortable about?

### CONCLUSIONS AND COMMENTS

## THERAPY CARD 11

List ways in which you could say no to someone who is persuading you to do something you don't feel comfortable about.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CONCLUSIONS AND COMMENTS



## THERAPY CARD 12

### SEXUALITY

What areas of sexuality interest you the most and why?

Do you find conversations about sex difficult? If yes, why?

CONCLUSIONS AND COMMENTS

## THERAPY CARD 13

Do you find it easier to talk to your peers or adults? Justify your answer

From what sources do you find out about sex? Circle your answers/

- Internet
- School
- Friends
- Books
- Films
- Parents
- Other (please specify).....

What would you like to ask about if you had the Chance?

CONCLUSIONS AND COMMENTS

## THERAPY CARD 14

### RESPECTING EACH OTHERS BELONGINGS

Have you ever destroyed, took something from someone without their permission? If yes, describe the situation

Has anyone ever destroyed or took something you own?

CONCLUSIONS AND COMMENTS

## THERAPY CARD 15

What can the person feel whose possession was taken or destroyed?

How can you react in that situation? What can you say to the person who took something of yours?

What advice would you give to the person who took someone's belonging or destroyed it?

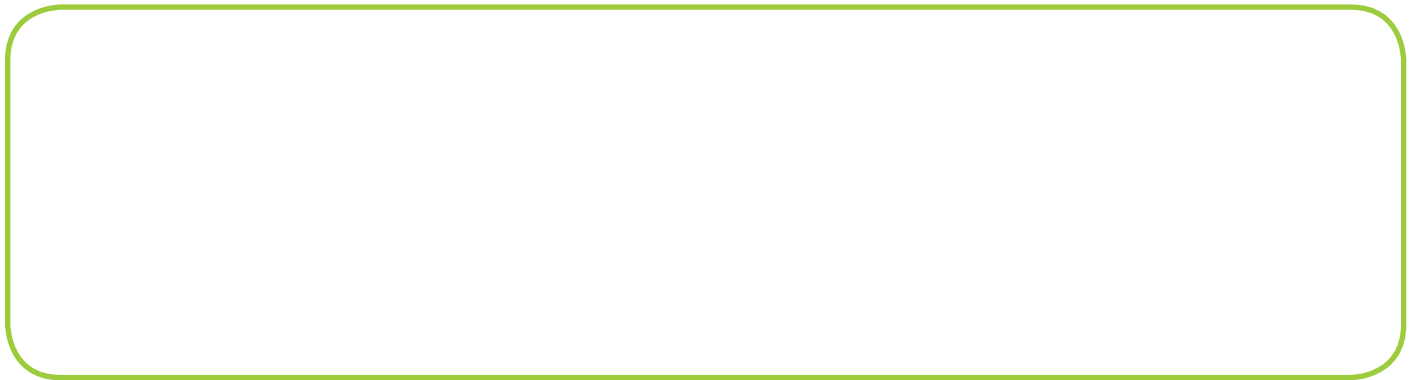
CONCLUSIONS AND COMMENTS



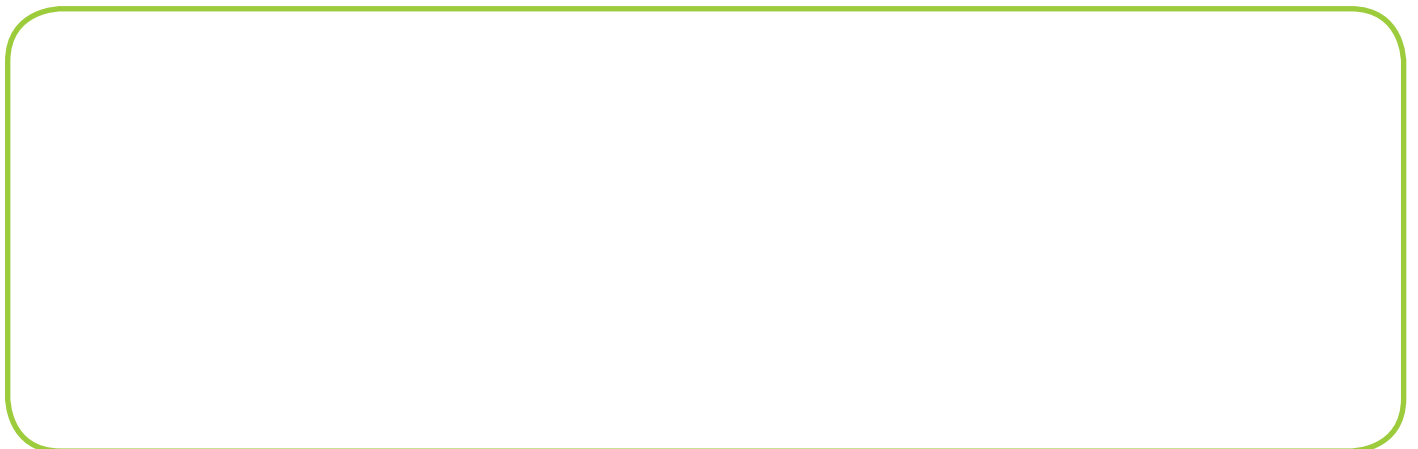
## THERAPY CARD 16

### MANIPULATION

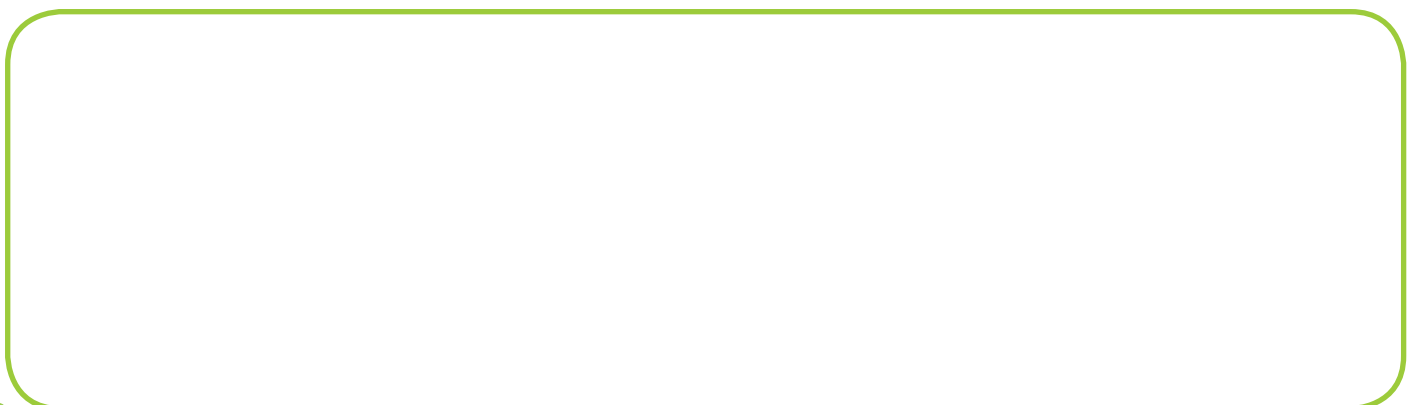
Write down what is manipulation to you.



Have you ever been manipulated? If yes, describe the situation.



CONCLUSIONS AND COMMENTS



## THERAPY CARD 17

Have you ever manipulated someone? If yes, describe the situation

How do you think the manipulated person feels?

Write down negative effects of manipulation.

CONCLUSIONS AND COMMENTS



# THERAPY CARD 18

## JEALOUSY

What is jealousy to you?

Write down situations that make you jealous

.....

.....

.....

Describe what a jealous person behaves like.

.....

.....

.....

CONCLUSIONS AND COMMENTS

## THERAPY CARD 19

How does jealousy affect relationships with other?

---

---

---

What would you advise to the person who feels jealous to feel better?

---

---

---

### CONCLUSIONS AND COMMENTS

## THERAPY CARD 20

### Create your own ethical/moral code

**Think about how you would like to act in life in order to not hurt other and maintain good relationships. Take into consideration ways of acting so that you feel happy without feeling like something is bothering you.**

