

GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

THERAPEUTIC WORK CARDS



Powiatowe Centrum
Pomocy Rodzinie
w Oświęcimiu



UK - Butterflies LTD



FERI

THERAPEUTIC WORK CARD 1

Belief is a subjective conviction on a given topic or belief in something. There are situations in your life where you feel fear. These can be situations such as: public appearances, exams, important conversations including an interview, etc. Fear is most often caused by thoughts of negative color or beliefs related to this event.

Describe the situation that recently caused you fear.

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

Where do I feel fear in my body?

.....
.....

What is happening with me?

.....
.....

How do I know that fear is coming and attacking my body?

.....
.....

How much earlier can I recognize the oncoming wave of fear?

.....
.....

How much time do I have to stop the oncoming wave of fear?

.....
.....

What exactly will I make to stop my fear?

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

What exactly will I make to control my fear?

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

THERAPEUTIC WORK CARD 2

Think about the situation in your life that recently caused you fear. Describe it.

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

Write down your feelings about the situation:

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

What can you do when this situation reappears? How can you stop fear?

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

THERAPEUTIC WORK CARD 3 – „COMFORT ZONE FOR PESSIMISTIS”

„Half water glass”

For some, the glass is half empty (pessimist version), for others the glass is half full (optimist version). It’s up to you which version you choose.

In previous tasks, you relied on solutions to a difficult situation in which you were accompanied by unreasonable fear.

Today we will work on the issue of unreasonable fear before interview.

Sometimes you may need help getting ready for an interview. The STOP plan will help you with this.

Fear overwhelms me!

Before the interview, you may feel pressure in your stomach, your heart may beat faster, your hands may sweat, your throat will dry up.

How are you?

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

Now something bad will happen!

Please look to thought traps and which way your thoughts go:

- I will definitely be bad(black glasses)
- I will definitely not know the answers to the questions asked by the potential employer during the interview, and I will not get this job (excessive generalization)
- Actually I may not go for an interview, because I will fall out wrong (predicting the future)

List the thoughts that accompany you during the preparation for the interview:

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

I reject passivity!

I will act!

I will work out a plan!



What steps will I take to prepare for the interview?

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

I did it, I manager it!

Congratulations! You have reached the last step. You did as much as you could! You did as much as you could do! Even if you didn't get everything you planned, you certainly gained more than if you didn't take action. You definitely deserve a reward.

How will you reward yourself?

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

THERAPEUTIC WORK CARD 4 – „I WILL NOT GET THIS WORK“

In the previous exercise, an action plan was prepared to proceed to the interview. This time you couldn't get a job because you chose the pessimist option (half-empty glass). You are convinced that there is no point in looking for a job because you will not be able to do the interview anyway.

Work with this belief by answering the following questions separately. Save answers.

1. How long do you believe this belief?

.....

2. What are the benefits of believing in this belief?

.....

3. What have you lost believing in this belief?

.....

4. What will you lose believing in this belief?

.....

5. What will you definitely lose believing this belief?

.....

6. What does faith in this belief protect you from?

.....

Look at the answers and think about what you see? What does your belief look like now? What impact does it have on you? What changed?

Write down your observations.

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

THERAPEUTIC WORK CARD 5

Identify the thought that causes you a sense of powerlessness, lack of self-confidence, submissive (non-objective) position.

Save it//Write it down:

.....

How do You see Yourself when facing this thought?

.....

Complete the fields:

What will happen if You believe in this thoughts?	What will not happen if You believe in this thought?
.....
Co się stanie jeżeli nie będziesz wierzył/a w tę myśl	Co się nie stanie jeżeli nie będziesz wierzył/a w tę myśl
.....

What do You see?

.....

What changed?

.....

Write down your good values and achievements.

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

Self-esteem, self-love, self-acceptance and assertiveness are the keys to success. Negative thoughts create negative reality. Positive thoughts create positive reality. It depends on you what reality you will build for yourself.

THERAPEUTIC WORK CARD 6 - „SIT IN THE CORNER AND THEY WILL FIND YOU.” Stereotypes

Think about what comments, labels, stereotypes you hear or heard about yourself. Complete the examples with your own suggestions, e.g.

Sit in the corner and they will find you
Children and fish have no voice
She stood in the corner
Soda water hit your head

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

Motivational sentences such as “Do not lean” can be changed into motivational ones, building self-esteem and self-confidence, e.g. “I have the right to express my own opinions”.

Consider how you could turn the following demotivating sentences into motivational ones:

1. I can't do anything.

Motivational phrase:

.....

2. I work too slowly.

Motivational phrase:

.....

3. If I refuse her, she will stop liking me.

Motivational phrase:

.....

4. I don't understand what they mean. I'm silly.

Motivational phrase:

.....

5. You never say no to your family.

Motivational phrase:

.....

6. I will surely make mistake.

Motivational phrase:

.....

The above beliefs are very strong and were recorded in the unconscious. They can be destructive to your self-esteem and confidence, also when we are dealing with other people. Once modesty and humility were desirable qualities, which nowadays can lead to a lack of self-confidence, low self-esteem, and a lack of assertiveness.

THERAPEUTIC WORK CARD 7

Sometimes you don't know how it happens, that when dealing with some people you feel fear, confusion, inferiority, guilt, anxiety, shame, withdrawal, lack of confidence. You feel your limits are crossed.

Think about how you feel in the situations below and note your feelings. Then give the example of aggressive behavior for assertive behavior.

Example:

Situation: A colleague criticizes you

How are you?

I feel worthless, I'm sad, I'm sorry, I don't know what to say or how to behave

Aggressive response (aggressive message) "You always criticize me",

Assertive response (assertive message) "I don't like being criticized. I feel bad about it and I want you to stop."

1. Situation: Someone is saying to you: You are stupid / stupid

How are you?

.....

Aggressive response (aggressive message) "You are stupid yourself",

Assertive response (assertive message)

.....

2. Situation: Your colleagues are laughing at you.

How are you?

.....

Aggressive response (aggressive message) "Bunch of fools! Piss off!"

Assertive response (assertive message)

.....

3. Situation: A colleague forgot to give up your game.

How are you?

.....

Aggressive response (aggressive message) "You always fail me."

Assertive response (assertive message)

.....

THERAPEUTIC WORK CARD 8

The Sedona method is a recognized scientific method that you can use anywhere, anytime. It is especially helpful in moments when you feel a surge of negative emotions, such as: fear, anxiety, stress, lack of confidence. This method involves opening up to feelings and releasing those that are not supportive for us with a few questions.

The Sedona method consists of the following steps:

1. Focus on what you feel at the moment. Accept this feeling fully, don't try to fight it. We are usually focused on the past or future, with little awareness of what is happening here and now. And the moment that lasts is the only time when we can change our thoughts and feelings. The more often you practice the technique of focusing on "here and now", the easier it will be to identify your feelings.

2. Ask yourself: "Could I let this feeling go away?"

Answer this question intuitively, without thinking. It doesn't matter what your answer is. The negative feeling will be released anyway.

3. Ask yourself: "Will I let it go?"

As before, answer without thinking and internal analysis of the situation. With this question you will confirm whether you are ready to "release" an unwanted feeling. If the answer is other than "yes", ask yourself if what you feel is what you want and need to feel.

4. Ask yourself: "When?"

It is an encouragement for you to let the feeling leave here and now. It depends on you you'll make a decision. Remember that if you decide at the moment that you will persist in this feeling, it is ok. It is your choice. You may want to use this method at another time.

5. Repeat this process until you feel free / free from unwanted emotion.

Each time it will allow you to release unwanted, negative emotions and feelings with greater freedom and ease. It may be difficult at first, but over time the results will become more noticeable.