

# 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 card 9 – The concept of phobia

SITUATION:

Describe the school situation in which you experience strong anxiety reactions

ACTIVATED ASSUMPTIONS:

For example: I will not succeed

PERCEIVED DANGER:

Describe what you are most afraid of

PROCESSING INFORMATION ABOUT YOURSELF AS A SOCIAL OBJECT:  
What do you think about yourself in this situation

SOMATIC SYMPTOMS  
What do you feel in your body?

SAFETY BEHAVIOUR  
What do you do to prevent it?

## THERAPEUTIC CARD 10- Your concept of anxiety

Write down what worries you the most:

What makes you worry: certain situation, person, words

What do you do when you worry:

How do you control your own thoughts:

What kind of emotions arise in you:

1. At the very beginning of worrying:

2. When you already worry for some time:



What negative beliefs do not allow you to overcome fear:

Finish the sentences:

Definitely.....

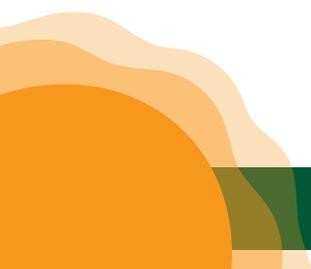
I know that.....

I am.....

I never.....

I always.....

A large grid of light pink dots for writing, starting from the first sentence and extending across the page.



## THERAPEUTIC CARD 11- tree of worries

WHAT DO I WORRY ABOUT ?

CAN I DO SOMETHING ABOUT IT?

NO

YES

STOP WORRYING  
AND DISTRACTING YOURSELF

THINK WHAT CAN YOU DO OR HOW  
CAN YOU FIND OUT WHAT TO DO  
MAKE A LIST

IS THERE SOMETHING I CAN DO NOW?

YES

NO

WHAT IS IT ?

PLAN WHEN, AND WHAT  
CAN YOU DO

DO IT NOW, AND THEN:

STOP WORRYING AND DISTRACTING YOURSELF

## THERAPEUTIC CARD 12- Fight the fear

Think :

Is there an important goal for you that you cannot achieve because of fear?

.....

Think about which barriers you are building yourself make it difficult for you to achieve this goal.

Write down all these obstacles

.....

Create a plan to slowly eliminate each of these barriers in order to get closer to your goal.

.....

Can any of the barriers be omitted?

.....

Can any of the barriers be redefined so that it no longer is such a big problem?

.....

Have you already used your resources to overcome these barriers?

.....

Is there anything you can develop to make it easier for you to overcome them?

.....

**CONGRATULATIONS, YOU ARE A STEP CLOSER TO REACH THE GOAL**

## THERAPEUTIC CARD 13- CHANGE OF BELIEFS

1. Think about the belief you want to change:

.....

2. What are the negative consequences of believing in this belief? Write them down.

.....

3. Think about which facts prove that this belief is true? Write them down.

.....

4. Think about which facts do not prove that this belief is true? Write them down.

.....

5. Write down a new belief without using "NO" based on the facts.

.....

6. Each time use a new belief and think about whether your mood has changed as well.

.....

## THERAPEUTIC CARD 14- Relaxing exercises

You have probably had a panic anxiety right before the test, or even after entering the classroom. This unpleasant feeling causes that you most often want to hide where no one will demand anything from you. This exercise will allow you to quickly reduce the level of anxiety and feel the most comfortable as you can in this situation. You do not need any specific conditions to do it.

During an anxiety attack, our body's muscles tighten. This exercise aims to draw attention to these differences and to learn how to relax when our muscles become tense.

Clench and relax your fists with alternate tightening and loosening of your biceps. Touch the sleeve of the blouse and see if you are actually tightening it. Now focus on the feelings associated with tightening and relaxing these muscles. Do you feel the difference between a tense and relaxed muscle?

Repeat the exercise as many times as you need to feel better.

## THERAPEUTIC CARD 15- MY POSITIVE SELF

Finish the sentences below:

1. I am very good at... ..
2. I am able to... ..
3. I have recently succeeded in... ..
4. My goal is to.....
5. People value my.....
6. My talents are... ..
7. My best features are... ..

**NOTE: If you found this exercise difficult, please practice working with negative beliefs again.**