

**Who am I?**



## **Free association**

**Task:** close your eyes and put your pen to your paper. Breathe deeply for 10 calm breaths.

Continue to breath calmly and then allow your pen to work on this page without thinking about what you are doing. Do thing for as long as you are comfortable with.

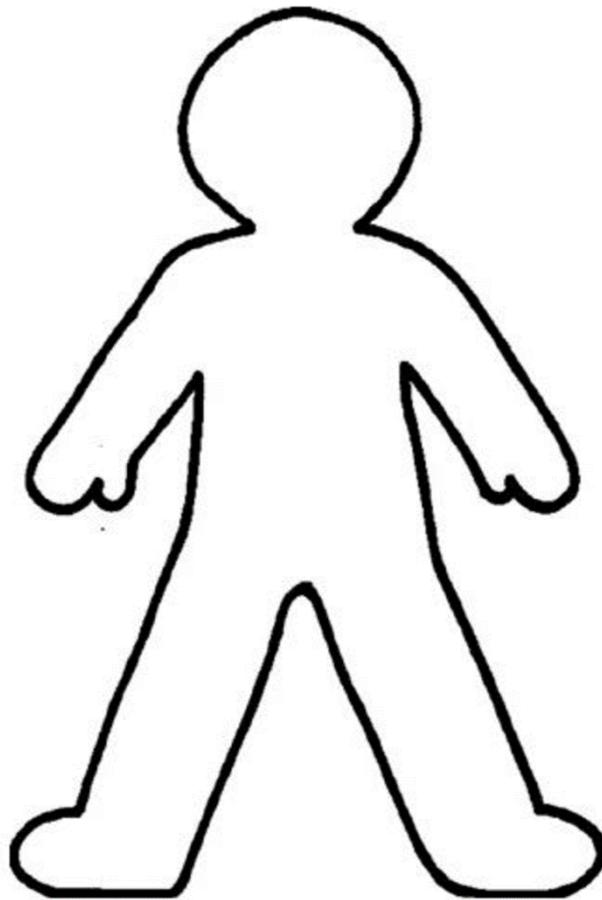
**Task 2:** when you have finished; what do you think what you have produced says about how you are feeling?



## Who am I?

### Task:

1. Inside the body write all the things that make you, you.
2. Highlight the things you like in one colour
3. Highlight the things you like less in another colour
4. In the space at the bottom what would your social media profile say about you in 1-2 phrases.



Profile descriptor:

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## Your character traits

*You have some very beautiful character traits in you. Some of them will be more obvious than others at the moment.*

**Task:** Highlight the following characteristics suggesting whether you think you have them or not.

**Green-** I think I have this and everyone else would say so too

**Orange-** I think I sometimes have this and some people might say I do

**Red-** I think I probably lack this at the moment and most people would probably agree

Loving Kind thoughtful grateful  
honest trustworthy patient sincere  
forgiving creative calm/peaceful  
resilient optimistic loyal fair/just  
tolerant humble generous modest  
pure gentle understanding reflective  
listener mindful protective wise  
observant steadfast good

Can you think of any other traits that you would add to this list either that you have or do not have?

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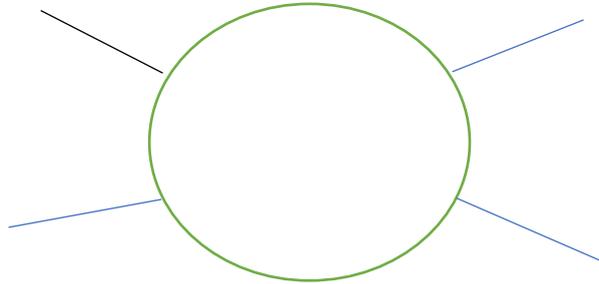
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**Task 2:** Choose one of the character traits you have highlighted green. Add it to the circle below. Create a mind map of how you are this. EG how do you show this in your life?



Why is this trait you have of benefit to others?

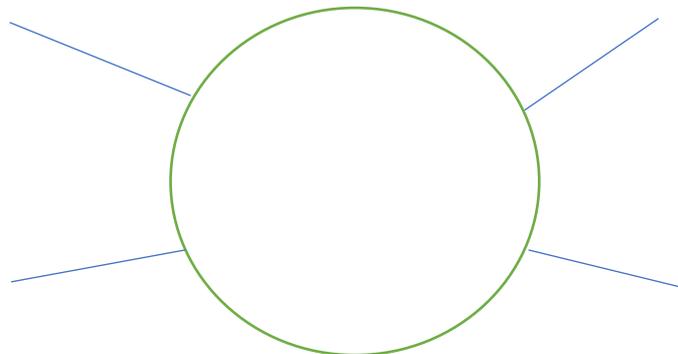
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Why is this trait beneficial to you?

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**Task 3:** Choose one that you have as red and do the same thing. What incidents or feelings have occurred to make you think you don't have this?



How would it improve your life to have this trait?

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How could it improve the lives of others if you had this trait?

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## Regret and forgiving yourself

Regrets and guilt sometimes weigh us down. These surface when we have done something that goes against our character traits and we struggle to forgive ourselves for it.

**Task 1:** (this is a private task. When you have written these you will be asked after you have finished this page to scribble out each of your regrets so no one can see them)

Write a list of things you feel sit in your mind and make you feel guilty that you regret

1.

2.

3.

4.

5.

### Task 2:

- Reflect on each one in turn.
- Is there anything you can change about it now?
- Have you sought forgiveness from the person you hurt?

**Task 3:** When you are comfortable that you have complete task 2 write after each one 'I forgive you (your name)'

**Task 4:** Scribble out each of the regrets so no one can read them. They will be erased from your page and erased from your concerns. Make sure you do not scribble out the bit that says 'I forgive you.....'



## Worries and patience

Worries about the future can cause a feeling called anxiety. This is where you feel that you need to control something you have little ability to control and know nothing about. People sometimes end up feeling anxious as a habit.

Patience is often described as not getting annoyed when you have to wait but it is more than that. It is also an understanding that you can only do so much to control any situation and once you have done that you must give up your worries to whatever will happen and hope that the best will happen.

**Task 1:** Write a list of things you are worried about now (if you want to write in code you can so no one knows what you are referring to)

1.

2.

3.

4.

**Task 2:**

- Go through each one and reflect on each worry.
- Write next to it anything you can *actually do* to change the outcome of this worry.
- Next to that write whether you think you should do that or not.
- Next to any that you think you don't really need to worry about draw a 😊

**Task 3:**

For any you have said you do need to worry about;

a) Can you deal with this worry by yourself?

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b) If no, who can you go to for help?

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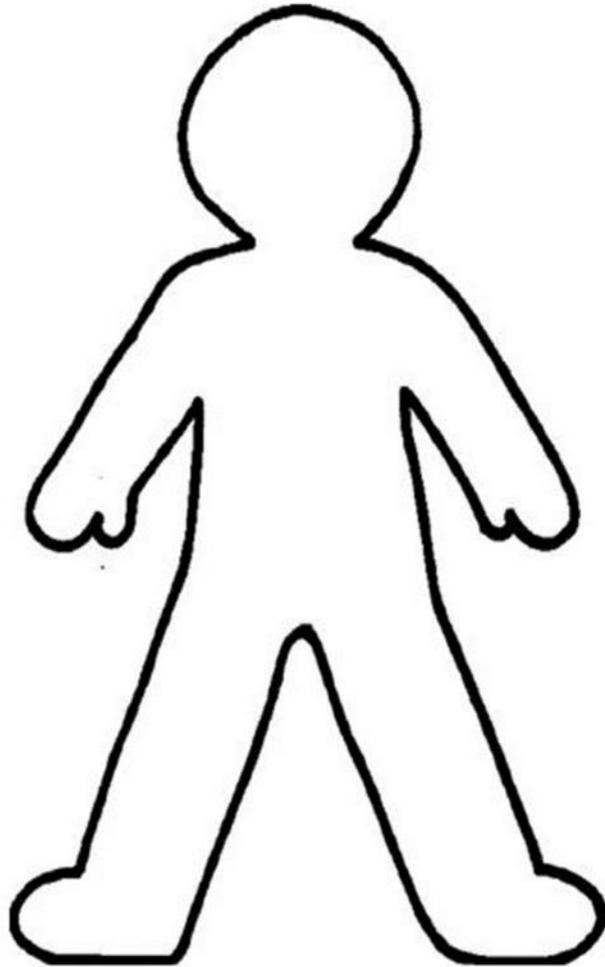
c) If yes give yourself one practical thing you can do this week to help you reduce this worry

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## Who do I want to be?

**Task:** Write inside the body your dreams and aspirations for the future, the character traits you want to have and the things you want to do.



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### **Task 2:**

Write a mantra to help you achieve this vision of yourself that you like:

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## **Free association**

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**Task 2:** when you have finished; what do you think what you have produced says about how you are feeling?