
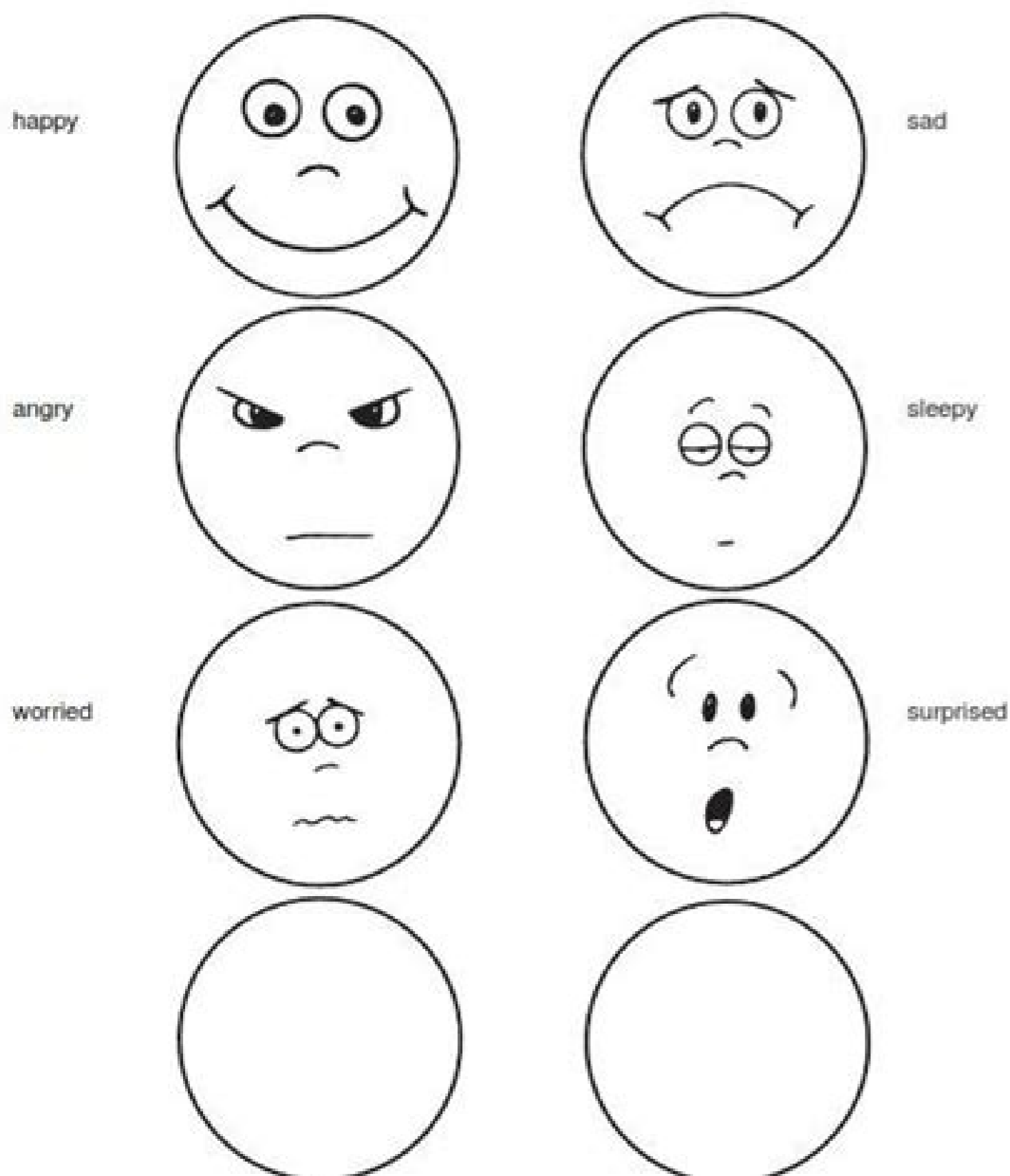


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Facial Expressions Chart

Display this chart to give students a visual reference for facial expressions.



Self-Care Assessment Worksheet

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the full assessment, choose one item from each area that you will actively work to improve.

Using the scale below, rate the following areas in terms of frequency:

- 3 = Frequently
- 4 = Occasionally
- 2 = Rarely
- 1 = Never
- 0 = Have not occurred to me

Physical Self-Care

- ... Eat regularly (e.g. breakfast, lunch and dinner)
- ... Eat healthy
- ... Exercise
- ... Get regular medical care for prevention
- ... Get medical care when needed
- ... Take time off when needed
- ... Get massages
- ... Dance, swim, walk, run, play sports, sing or do some other physical activity that is fun
- ... Take time to be social—with yourself, with a partner
- ... Get enough sleep
- ... Wear clothes you like
- ... Take vacations
- ... Take day trips or mini-vacations
- ... Make time away from telephones
- ... Other:

Psychological Self-Care

- ... Make time for self-reflection
- ... Have your own personal psychotherapy
- ... Write in a journal
- ... Read literature that is unrelated to work
- ... Do something at which you are not expert or in charge
- ... Decrease stress in your life

DAILY PROGRESS NOTES: SOAP Note Format

The term "SOAP notes" refers to a particular format of recording information regarding treatment procedures. Documentation of treatment is an extremely important part of the treatment process. In virtually "all" employment settings, some form of documentation is required and SOAP notes are the most popular format in medical settings. SOAP notes consist of information presented in the following order:

Subjective:

This part of your notation should describe your impressions of the client/patient. For example: "David was eager to complete the tasks presented to him today."

This section should be utilized to report subjective information of clinical significance. The statement "Billy was a cute little boy with blue eyes" is a subjective statement, however, this observation would probably not be clinically significant with respect to the treatment of this patient.

Objective:

This section is where you will report the measurable and observable information that you obtain during the treatment session. For example: "Bob produced words with /r/ in the initial position of words with 80% correct /r/ production in 800/1000 (800 out of 1000 trials)."

Students completing clinical assignments at the Marshall University Speech and Hearing Center are required to include in their objective report the overall measurement (i.e., 90%) as well as the raw data from which the overall was obtained (i.e., 800 out of 1000 trials).

Remember that this section can be used to report behaviors that you observe, not just the behaviors that you are targeting. For example, you could report, "Billy repeatedly attempted to avoid production of /r/ by saying, 'Let's do something else.'"

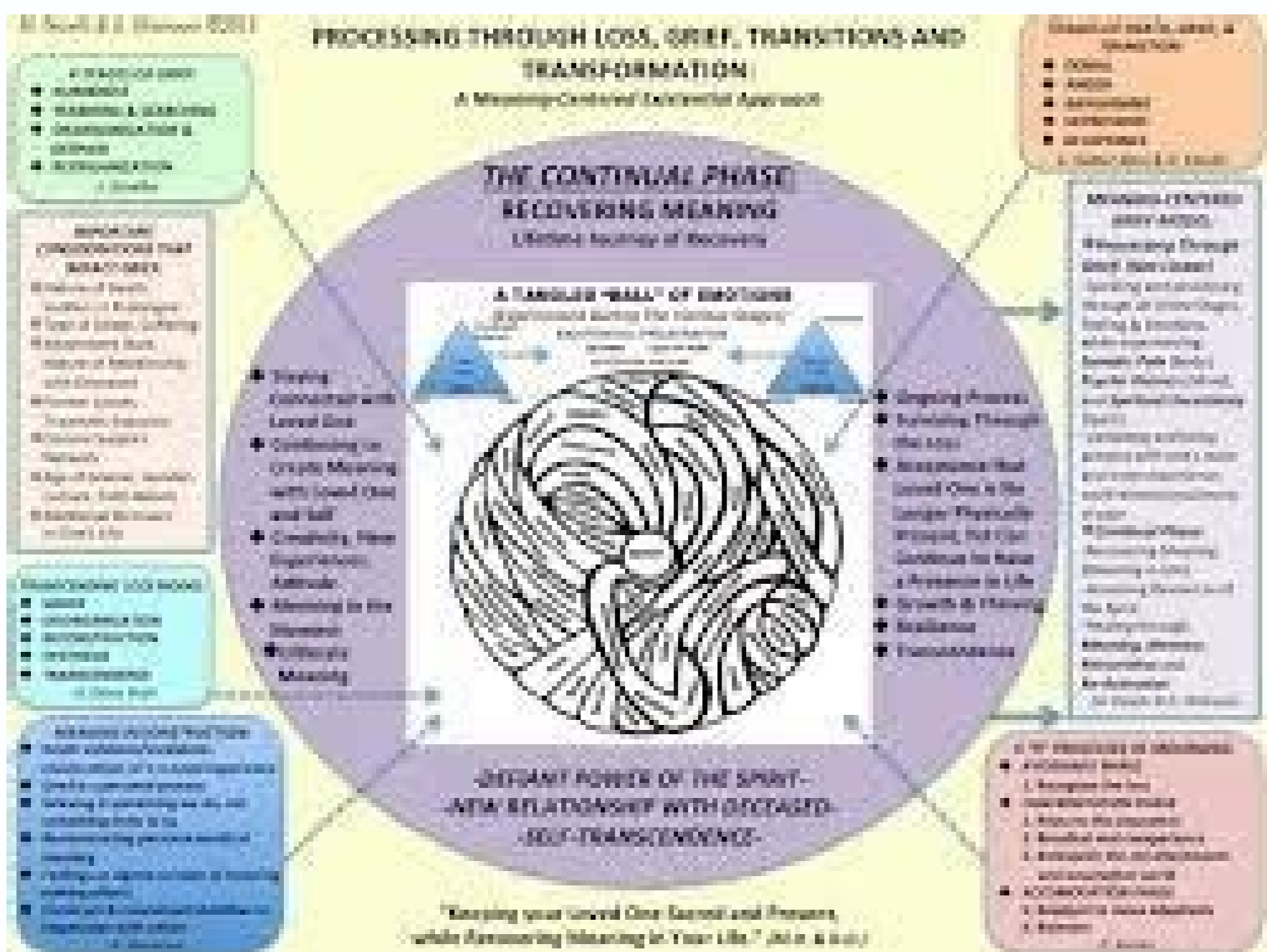
Assessment:

This section is where you assess, in descriptive terms, the client's performance during the session and/or the session itself. For example: "Billy's performance showed a decrease in accuracy over the last session, however the introduction of new activities required additional explanation which resulted in 500 fewer trials."

Plan:

The final section of your SOAP notes is where you outline the course of treatment, after considering the information you gathered during the session. For example: "Training at the current level will be continued with a modification of activities to provide for physical movement to facilitate sustained motivation and attention."

Prepared by: Karen McComas



Worry Therapy Worksheet: VERSION 2

Give appropriate answers to the questions provided in the worksheet related to your worry.

Things that make me worried? My triggers

Worrisome thoughts that come to my mind

When I get worried I feel the following changes in me?

Physiological changes	Emotions/ Psychological changes

Ways to divert my mind from the worrying thoughts

Some ways to cope up with the worry

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If you find yourself being excessively negative to yourself, stop and consider how you would feel if someone said those things about a close friend or family member. Orange briefcase—"I'm unsure whether I'm talented." Internal thought associated: "I have lots of experience and I think I'm good, but someone else will probably get the job over me." Your reaction: You don't feel great heading into the interview. Friendship Ingredients This is a great worksheet for helping children learn about what makes them good friends and what they should look for in a friend. (2005). If you don't have the patience to go through an entire book, there are some simple things you can do now to jumpstart your self-esteem journey: Think hard about the root cause(s) of your insecurities. Click to download the Things I Like About Me Worksheet and give it a try. In the far right column, you or the user writes down a more objective description of the scenario that is fact-based and less black-and-white. (1993). Achieving something, no matter how small, can be an excellent boost to your motivation. The virtues are argued to be considered good in the majority of cultures and throughout history and that these traits, when practised, tend to increase happiness. At the end of this exercise, the user should have a list—or at least the beginnings of a list—which features meaningful life goals, a stepping stone toward confidence, self-worth, and self-esteem. (2011). If one of your clients is having trouble coming up with positive responses to their self-critical thoughts, encourage them to consider what they would say to a dear friend or loved one who was struggling with these thoughts, as the sheet suggests. Retrieved from Kaczmarek, L. Dr. John M. It's important to set small, attainable goals that are within your power. We'll provide several methods and activities for building self-esteem, starting with self-esteem worksheets for young children and ending with self-esteem worksheets for adults. The positive focus of this exercise is what sets it apart from ordinary journaling or writing in a diary. The first step to defeating formidable foes is to learn about them, and this situation is no different. List the traits that are important for making friends." Next, it provides spaces for the child to write down five traits—or friendship "ingredients"—and explain why they are important in a friend. For a guide on quick ways to put the process in motion, check out the book Ten Days to Self-Esteem by psychiatrist and author David Burns. Not only can journaling help you find more things in your life to be grateful for, but it can also give you the opportunity to reflect on your own thoughts and feelings, leading to discovery and understanding of the self (Kaczmarek et al., 2015). Finally, try to come to terms with what exactly it is that you're being self-critical about. These examples show that the thoughts we carry with us, everywhere we go, can have a profound impact on our feelings, our behavior, and the associated outcomes. What could I do that would help me feel differently? It probably won't be easy, but it can certainly be done. (2015). Acknowledging your accomplishments and recognizing your mistakes is the way to keep a positive outlook while learning and growing from your mistakes. Research has linked gratitude to a multitude of positive outcomes, like increasing well-being (Wood, Froh, & Geraghty, 2010), improving relationships (Algoe, Haidt, & Gable, 2008), increasing optimism (Dickens, 2019), and helping people find meaning in their work (Waters, 2012). Before You Die This activity utilizes a very basic technique that you can build upon as needed. "Interaction: You are attending an interview for a job that you really want." In this situation, you must choose between three briefcases to bring along to work, each representing a different core belief: Purple briefcase—"I'm talented" Internal thought associated: "I am naturally adept with lots of experience in this field. If you're a therapist, you can introduce this exercise to clients by filling out a few prompts together. The first table includes the following prompts: 5 things that made me feel peaceful today; I felt proud of myself when I enjoyed; The prompts in the second table are: My family admire me for my: 5 small successes I had today were: The highlight of my day was: The third table includes: My best attribute is: 3 unique things about me are: I feel most proud of myself when: In the fourth table, the prompts are: I'm excited for: 5 things or people I feel thankful for are: I am in my element when: The final table lists these three prompts: 5 ways my life is awesome; My biggest success this week was: I feel best about myself when: You have probably noticed that these prompts are intended to provoke positive responses. Emotion, 8(3), 425-429. A. This exercise is exactly what it sounds like: It includes prompts with space for you to complete the sentence in the way that feels right to you. Users are encouraged to use this template to reflect on the meaningful moments of their days and review the changes in their emotions and general outlooks over time. The framework describes six classes of virtues which encompass 24 character strengths. A., & Seligman, M. Identifying the events that led to a low sense of self-worth can provide valuable information for challenging these negative beliefs. Next is the column in which they will write the emotions and feelings this triggered, which in this scenario might be anger or disappointment. Are there specific core phrases that you tend to say to yourself? Child Safety and Abuse Prevention Programs. Gratitude Worksheet and Journal Template If you are not familiar with the gratitude journal technique, this worksheet is an excellent way to give it a try. If needed, give your child guidance and support when coming up with affirmations, but allow them to take ownership of this activity and see the amazing results of their commitment. What sensations and feelings do you have in your body? You can reach your goals. You are prompted to identify three negative core beliefs and three reasons why each belief is not true. These prompts include the following: I like who I am because... I'm super al... I feel good about my... My friends think I have an awesome... Somewhere I feel happy is... I mean a lot to... Others reckon I'm a great... I think I'm a pretty good... Something I really enjoy is... I really admire myself for... My future goals are... I know I can achieve them because I'm... I'm naturally gifted at... Others often praise my... Completing this worksheet will give your child an opportunity to list all of the good things about himself or herself without fear of being overly proud or self-absorbed. Follow this link to download and use this Self-Esteem Journal Worksheet with your child. It's not surprising that talking down to yourself will lead to and exacerbate self-esteem problems, but the good news is that it is not an unsolvable problem. You may wish to use a theme for this activity or for each "win," like "family," but it's okay to engage in this activity with no specific theme in mind as well. They might need some help from an adult, but they should be able to come up with several traits that they find important in a friend. download archived copy Subjective happiness scale download archived copy Intervention Presentations Recommended Reading Johnson, J., & Wood, A. Rev. It's never too early to start combatting the extreme focus society places on external beauty, and this worksheet is a great start. Were they effective? It's okay to write something external, like "my hair" or "my eyes," but make sure your child writes at least one or two inner traits or qualities in addition to the external qualities. When you accomplish a goal, successfully challenge a negative thought, or catch yourself extending kindness toward yourself, mark the achievement with a celebration! Taking the time to revel in your success and enjoy the moment can give you the inspiration you need to continue your journey to self-improvement. Click this link to see the Understanding Self-Confidence Worksheet. This handout/homework worksheet then instructs the client to go back over their story, circling or highlighting keywords and phrases that they feel relate to their personal strengths. 127-147. Clinical Psychology Review, 30(7), 890-905. Nobody is perfect, and trying to be will only lead to disappointment. Learning not to view them as dichotomous (one or the other, good or bad) helps us maintain self-worth in the face of them, a crucial part of building a healthy sense of self-esteem. Self-Esteem Journal For Kids This activity is great for any age, but this template is meant specifically for young children. E. Clin. Examples include "confidently," "successfully," or "gracefully"; Affirmations are about yourself. Retrieved from Waters, L. The completed worksheet can be kept handy for the next time you're feeling low in self-esteem and need a boost. Psychology Tools Seligman's PERMA model proposes five elements to psychological well-being: Positive emotions: including the ability to be optimistic Engagement: activities which promote our full absorption (creating "flow" states) Relationships: humans are intrinsically social animals which require connection, love, and intimacy in order to thrive Meaning: having a purpose Accomplishments: having goals and accomplishments CHARACTER STRENGTHS AND VIRTUES Character Strengths and Virtues is a systematic attempt to classify positive traits. Your client's story should be structured with a start, middle, and a powerful ending. Bloch, D., & Merritt, J. 6 tips to improve your self-esteem. At the very least, it can't hurt to give it a shot. Positive psychology in clinical practice. Annu. How to improve your self-esteem: 12 Powerful tips. It may not feel like it at the moment, but know that no matter how down you might be feeling, there is always room for growth and improvement. Passive Communication Defined by being too nice or weak, being overly compliant, avoiding eye contact, speaking softly, putting oneself down, being emotionally dishonest, and allowing others to trample you in conversation. This will help you to begin developing an honest and realistic conception of your self. Stop being a perfectionist and acknowledge both your accomplishments and mistakes. This tried-and-true technique will help you or your client recognize self-directed criticism and challenge it on the spot, leading to greater self-esteem and peace with oneself. Using descriptive language, this second step is about recounting what happened, what they brought to the situation, the emotions they felt, and/or the ways they helped others. (2003). The worksheet and activities listed below are some of the ways you can help a child develop the self-esteem that will act as a buffer against some of life's most difficult obstacles and challenges. Part B involves thinking of a recent situation in which you felt lacking in self-confidence and answering the same four questions listed above. Gratitude and well-being: A review and theoretical integration. More examples include a teacher who profoundly affected your development whom you never thanked or something you may take for granted, like good general health. Sometimes it's easier to be kind to others than to ourselves, but that is something that can be remedied with time and practice. download archived copy Lee Duckworth, A., Steen, T. The worksheet includes the following instructions: "You are beautiful because you are unique, both on the inside and on the outside. (2010). Learning to communicate assertively will not only help you form better relationships and find new opportunities, but it can also facilitate a shift in the way you think about yourself (Law & Sivyer, 2003). Is there something you might learn from this criticism if it were presented more constructively instead? Bullying in adolescents who stutter: Communicative competence and self-esteem. Sometimes we have to experience seemingly negative things in order to learn the lessons that propel us to greatness. This is a simple worksheet that has only the outline of different certificates. This worksheet will guide adolescents through one of the most popular, tactical approaches to designing affirmations. Retrieved from Dickens, L. The intended result is for the answers to become more positive over time. It can be difficult to identify the first core belief, especially if you have several very deeply held negative beliefs that you have never even considered challenging before. Positive psychology: an introduction. American Psychologist, 55(1), 3-14. How do you feel physically? It takes them through four stages: Start by asking your client to recall a specific occasion during which they were at their very best. If you are a parent, child therapist, teacher, or any other valued adult in the life of a child, you can use these tools to begin cultivating a healthy sense of self-esteem in the children in your life, a lesser strength-intervention. Frontiers in psychology, 6. 7 Self-Esteem Activities for Teens in Middle or High School While it's best to start self-esteem building young, there is still tons of room for growth and development in this area for middle- and high-schoolers. A reason, in other words, that they are great. Beyond reciprocity: Gratitude and relationships in everyday life. This worksheet should be completed with a parent or other trusted adult to help explain the distinction between inner beauty and outer beauty. Find this useful Gratitude Journal as a PDF. The worksheet is divided into three parts: Part A involves thinking of a situation in which you felt confident and experienced a sense of self-worth, and answering the following questions: What is the situation? Things I Like About Me Worksheet This worksheet was created to help young children learn how uniqueness makes a person beautiful. In L. It can be difficult to share feelings with others if you don't feel your feelings have value, an all-too-common symptom of low self-esteem. After two weeks of completing the worksheet, users can review their responses to get an idea of their general outlooks on life and see how things have changed since they began. We often carry negative or false unconscious or semiconscious beliefs, never stopping to recognize the values and norms that we buy into on a daily basis. Of course, it can also be used with boys to help them learn the same lesson. It's a reframing activity to help change how we perceive these threats to our self-esteem, and to help us learn and improve our chances of future success. This can be as simple as writing down 10 of your strengths and 10 of your weaknesses. We all fail sometimes, and even as we mature it helps to understand that failure happens to everybody—it doesn't mean the person who failed is a failure. Being assertive might sound overly aggressive, pushy, or just too out of character. In the next column, they are asked to write down their initial judgments. Use the "Negative Self-Talk" and "Challenging Core Beliefs" worksheets (available in the adult worksheets section of this article) to help you identify negative thoughts and begin to challenge them with alternative thoughts. (For example, create a visualization in which you remember how you felt in Part One.) What could I do differently next time I am in this situation? (2008). Click to see the Something About Me Worksheet. For example, if your child is dealing with self-esteem issues, he or she can use the theme "What Makes Me Great" and focus on filling the frames with reasons why he or she is a good friend, a good child, a good student, and a good person in general. T., Gander, F., Wellenzohn, S., & Ruch, W. Extend the same compassion you'd give a friend or family member to yourself. Rothmann, Sr. (Eds.). Positive Psychological Intervention Design and Protocols for Multi-Cultural Contexts (pp. For a situation such as "A friend kept me waiting 15 minutes", for instance, the initial judgment column might read: "He doesn't care about me." This exercise can be a quick and short-term mood boost, or, with commitment and effort, it can facilitate positive growth and development. Children may need an adult's help in completing this worksheet, but try to let them come up with their own ideas about the traits and characteristics they like about themselves. Why do people prefer gratitude journaling over gratitude letters? download archived copy Featured Positive Psychology ToolsPage 2Featured Positive Psychology ToolsPage 3Featured Positive Psychology ToolsPage 4Featured Positive Psychology Tools We all experience moments of self-doubt and uncertainty. Ten Days to Self-Esteem Improvement: An Action Plan While it can take time to build up a solid sense of self-esteem, it's possible to kickstart the process. Reframing Negative Judgments A useful exercise from our Positive Psychology toolkit, this worksheet will help adolescents and adults who are struggling to accept their failures. Click here to view or download this worksheet. If you are a therapist providing this worksheet to your clients), encourage them to think critically about what their answers reveal. Examples might be an encouraging friend, particular capabilities or qualities that you possess, or even just being alive. To get into the habit, try to start by sticking with a schedule—for example, you might try repeating your affirmations when you wake up or before going to sleep Visualizing and planning for success makes it much more likely that you will achieve your goals. This exercise will help you or your client explore and define deeply held beliefs that guide thoughts and behavior. Adults Worksheet. Next, there are five tables set up with prompts and space to write. Self-Esteem Worksheets for Kids in Primary School Primary or elementary school is a fantastic time to start helping a child develop self-esteem. The influence of individual differences in motivation and personality on web-based interventions. The first column of the table provided is for specifying the goal that your client would like to accomplish "before they die." You'll find instructions on how to create effective affirmations, as well as example goals, affirmations, and tips to help you. Practical Tools and Advice to Overcome Low Self Esteem (n.d.). Next, it instructs users to set aside 5-10 minutes several times a week to complete the worksheet. Green briefcase—"I'm not talented." Internal thought associated: "There's no way I'm getting this job. What do you say to yourself about the situation (self-talk)? It's good to be both realistic and positive about yourself, and this is a good way to begin a habit of positive realism. Completing this activity can help children build the foundations of an authentic and healthy self-esteem that they can carry with them for the rest of their lives. Wisdom and Knowledge: creativity, curiosity, open-mindedness, love of learning, perspective, innovation Courage: bravery, persistence, integrity, vitality, zest Humanity: love, kindness, social intelligence Justice: citizenship, fairness, leadership Temperance: forgiveness and mercy, humility, prudence, self control Transcendence: appreciation of beauty and excellence, gratitude, hope, humor, spirituality Assessment Positive psychological assessment: a practical introduction to empirically validated research tools for measuring wellbeing download archived copy Joseph, S., & Wood, A. For example, setting an extremely high expectation or an expectation that someone else will change their behavior is virtually guaranteed to make you feel like a failure. They then write the story, emphasizing their own character strengths and personal values in the narrative. Try changing the mental tone you're using and take on a more positive one you might use when you're feeling good about who you are. Building self-esteem can be a difficult, though rewarding, journey in adulthood. You relatively positive feedback but don't land the role. Taking action to soften your self-critical voice: Once you've become aware of when you're criticizing yourself, it's time to try self-compassion instead. Be kind to yourself. The worksheet begins with an explanation of what core beliefs are: "Core beliefs can be defined as the very essence of how people see themselves, others, the world, and the future." Next, it explains how core beliefs can influence one's thinking and emotions through an example interaction. The worksheet addresses this right away with an explanation about how three common communication styles differ: Aggressive Communication Defined by speaking in a mean, harsh, or sarcastic manner, taking instead of compromising, maintaining glaring eye contact and speaking in loud or threatening tones, putting others down, being inappropriately honest, and bullying or trampling others. It's a simple worksheet with six sentence prompts and space for a child to fill in the blanks. How might it enhance the meaning in their life? Integrating positive and clinical psychology: Viewing human functioning as continua from positive to negative can benefit clinical assessment, interventions and understandings of resilience. Cognitive Therapy and Research, 41(3), 335-349. Make a plan. M., Froh, J. W. For users of this worksheet, this exercise will help them become more comfortable sharing their thoughts and feelings with others, making it easier to work through their self-esteem issues. It includes two main steps intended to help you understand where your critical thoughts are coming from and what they feel or sound like. After the instructions, the sentence prompts are listed, including: I have always wanted to... I'm secretly afraid of... This week I would enjoy doing... I often look forward to... I feel something that the future holds for me is... I get my strength from... One person couldn't live without is... I would never... It made me feel great when... I love when... I find it hard to... My dream is to one day that... It makes me angry when... I sometimes fear that... This week is going to be... Something I deeply desire is... I flourish when... This week I hope to... Something I do secretly... I find it hard to admit... Answering these questions can give you helpful insight into yourself, what makes you happy, and what you struggle with. The only person you should compare yourself to is you. Alongside Blessings in the second row, list things that you feel thankfulness for. Encourage your child to think about each sentence and not to rush. (n.d.). Keeping a self-esteem journal is a great way for children to begin thinking about the good things that they do and experience, setting them up for a positive outlook on life. What do you do as a result of this? You can always your worksheet and be reminded of your personal power, and use it to transform situations in which you feel less confident. M. It could be a problem or difficult time that they overcame successfully, or where they accomplished something they were proud of. Designing Affirmations Worksheet Affirmations are a popular way to help combat low self-esteem in both adults and adolescents (Bloch & Merritt, 1993; Lynch & Graham-Bermann, 2000). The My Wins Worksheet is an artistic prompt for you or your child to draw, paint, or otherwise represent the things—their achievements and qualities—about themselves that are important to them. This worksheet lists three-sentence completion prompts for each day of the week, starting with Monday. This "Something About Me" worksheet is intended to help children identify their own positive traits and characteristics and to recognize their accomplishments. Algoe, S. The point of this activity is to help your client identify meaningful goals that are connected with their personal values. Download and work through this Self-Esteem Sentence Stems Worksheet. Explore yourself. Be willing to adjust your self-image. Please share your experience with us in the comments section. This can take some trial and error, but it's a lifelong journey that should be undertaken with purpose and zeal. They should be about your own behavior, never someone else's. You can access the Designing Affirmations Worksheet here. This "Before You Die" Bucketlist Worksheet provides more information on the theory behind goal-setting, motivation, and positive behavior change, as well as an applied framework that will guide your client through the process. There are many ways to set up and complete a gratitude journal, but this is a great way to begin. Switzerland, AG. Springer. When you have a set of affirmations ready to put to use, you can try these tips for using them: Use Seligman, M. Striving toward and achieving one's goals is an important way to build self-esteem. Gratitude journaling is one of the best ways to inject more gratitude into your daily life, and it can be done in just a few minutes a day. (2000). However, if you find yourself having these kinds of negative thoughts frequently or letting these feelings get in the way of living a healthy and happy life, it may be time to do something about it. The importance of knowing yourself and being at peace with who you are cannot be overstated. Why is it important to them? Click to download this Friendship Ingredients Worksheet and help your child learn how to both find and be a good friend. When laid out in this

