

RETRACKING



This download is about some ideas about you looking at what you are good at, your self esteem and confidence....you should print it out or save it to disk

1

The first five pages are what you like and dislike, where you are and where you hope to be going over the next few years.

2

The remaining pages are about you setting your own goals, being determined and using willpower to get there..

3

Lots of practice helps, and/or getting a coach or some sort of teacher (could be a friend) may help you learn how to do this.

4

If these sheets don't help, look at some of the others, get yourself some direct help, and definitely talk to someone.

5

That's all!

WHAT AM I?

DRAW A CIRCLE AROUND THE WORDS WHICH DESCRIBE YOU THE MOST



kind boring honest helpful lazy

happy greedy funny nasty angry

interesting reliable dishonest successful

depressed popular impulsive careless

well organised gentle crafty sensible sad

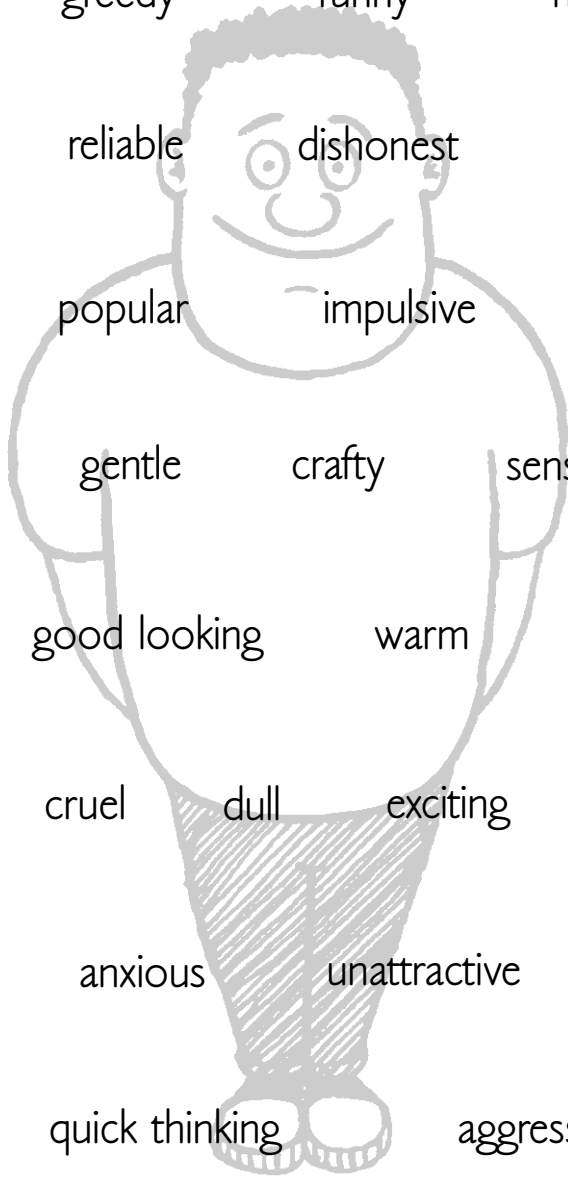
intelligent good looking warm humourous

hard working cruel dull exciting uncooperative

thoughtful anxious unattractive failure

even tempered quick thinking aggressive relaxed

stupid lovable vindictive loyal jealous



MORE ABOUT ME



I FEEL HAPPY WHEN _____

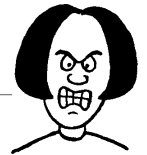


I HATE _____

I WISH THAT I WAS _____

I WORRY ABOUT _____

THE THING THAT MAKES ME ANGRY IS _____



MOST PEOPLE THINK THAT I AM _____

I FEEL JEALOUS WHEN _____

WHEN PEOPLE SHOUT AT ME I FEEL _____

WHEN I LEAVE SCHOOL I HOPE THAT _____

IT MAKES ME FEEL CONFUSED WHEN _____



THE BEST THING THAT COULD HAPPEN TO ME IS _____

I FEEL GUILTY WHEN _____

THE MOST IMPORTANT THING IN MY LIFE IS _____

I FEEL SUCCESSFUL WHEN _____

I THINK THAT I HURT OTHERS WHEN _____

WHAT DO OTHER PEOPLE THINK OF ME?

Our behaviour is often very different, depending upon who we are with and where we are. How do you think other people see you? Below are a number of statements which others may, or may not, use to describe you. Using a different colour for friends, parents and teachers, draw a circle around the phrases which people might use to describe you. It is quite possible that some statements may have more than one colour.



I'M GOOD FUN TO BE WITH

I CAN ALWAYS BE TRUSTED

I ALWAYS THINK OF MYSELF

I NEVER SHARE MY FEELINGS

I TAKE LIFE VERY SERIOUSLY

I AM NOTHING BUT TROUBLE

I AM GENEROUS

I AM CLEVER

I DO EXCITING THINGS

I CARE ABOUT OTHER PEOPLE

I HAVE A GOOD SENSE OF HUMOUR

I DON'T CARE ABOUT THE FUTURE




I HAVE TROUBLE CONTROLLING MY TEMPER

I CAN'T BE BOTHERED ABOUT WHAT PEOPLE THINK

HOW DO I RATE?

How much control do you feel you have over various aspects of your life?
Complete the following rating scale to find out.



	<u>COMPLETELY UNDER MY CONTROL</u>			<u>COMPLETELY OUT OF MY CONTROL</u>		
1. GOING TO SCHOOL EACH DAY	1	2	3	4	5	6
2. TIME I GET UP IN THE MORNING 	1	2	3	4	5	6
3. WHAT I HAVE TO EAT	1	2	3	4	5	6
4. THE CLOTHES THAT I WEAR	1	2	3	4	5	6
5. WHAT TIME I GO TO BED	1	2	3	4	5	6
6. WHO MY FRIENDS ARE	1	2	3	4	5	6
7. MY MOODS 	1	2	3	4	5	6
8. HOW MUCH MONEY I SPEND	1	2	3	4	5	6
9. WHAT TIME I COME HOME IN THE EVENING	1	2	3	4	5	6
10. MY STATE OF HEALTH	1	2	3	4	5	6
11. WHAT OTHER PEOPLE THINK OF ME	1	2	3	4	5	6
12. MY TEMPER 	1	2	3	4	5	6



GOOD THINGS/BAD THINGS



Fill in the table below as fully as you can.

Look carefully at the completed table and answer the following questions;

1. Can you bring any of the good things more under your control?
2. Can you bring any of the bad things under your control?
3. How do you intend to make this happen?

GOOD THINGS IN MY LIFE

BAD THINGS IN MY LIFE

WHICH ARE
AS A
RESULT OF
MY OWN
ACTION

WHICH ARE A
RESULT
OF THINGS
OUTSIDE
MY CONTROL

HOW CONFIDENT AM I?

Give yourself a score of 1-5 for your level of confidence in the following situations.

1= not at all confident

5= extremely confident



- | | | | | | |
|--|---|---|---|---|---|
| 1. BEING WATCHED BY LOTS OF PEOPLE | 1 | 2 | 3 | 4 | 5 |
| 2. SMILING AT PEOPLE I DON'T KNOW VERY WELL | 1 | 2 | 3 | 4 | 5 |
| 3. NOT BLUSHING | 1 | 2 | 3 | 4 | 5 |
| 4. SHOWING MY FEELINGS | 1 | 2 | 3 | 4 | 5 |
| 5. UNDERSTANDING WHAT OTHER PEOPLE ARE FEELING | 1 | 2 | 3 | 4 | 5 |
| 6. KEEPING A STRAIGHT FACE | 1 | 2 | 3 | 4 | 5 |
| 7. GOING INTO A ROOM FULL OF PEOPLE | 1 | 2 | 3 | 4 | 5 |
| 8. JOINING A GROUP OF PEOPLE ALREADY TALKING | 1 | 2 | 3 | 4 | 5 |
| 9. WALKING PAST A CROWD LOOKING IN MY DIRECTION | 1 | 2 | 3 | 4 | 5 |
| 10. ASKING SOMEBODY THE WAY | 1 | 2 | 3 | 4 | 5 |
| 11. USING A TELEPHONE | 1 | 2 | 3 | 4 | 5 |
| 12. ASKING FOR HELP | 1 | 2 | 3 | 4 | 5 |
| 13. GIVING SOMEBODY A COMPLIMENT | 1 | 2 | 3 | 4 | 5 |
| 14. RECEIVING A COMPLIMENT | 1 | 2 | 3 | 4 | 5 |
| 15. EXPLAINING MY FEELINGS TO SOMEBODY | 1 | 2 | 3 | 4 | 5 |
| 16. BEING TOLD OFF BY SOMEBODY | 1 | 2 | 3 | 4 | 5 |
| 17. EXPRESSING MY OPINIONS CLEARLY | 1 | 2 | 3 | 4 | 5 |
| 18. ASKING A QUESTION IN A MEETING OR IN CLASS | 1 | 2 | 3 | 4 | 5 |
| 19. ACCEPTING CRITICISM FROM OTHERS | 1 | 2 | 3 | 4 | 5 |
| 20. COMPLAINING ABOUT SOMETHING/ SOMEBODY | 1 | 2 | 3 | 4 | 5 |
| 21. APOLOGISING | 1 | 2 | 3 | 4 | 5 |
| 22. BEING ASKED FOR AN OPINION IN A GROUP/ CLASS | 1 | 2 | 3 | 4 | 5 |
| 23. SAYING 'NO' WHEN ASKED TO DO SOMETHING | | | | | |
| I DON'T AGREE WITH | 1 | 2 | 3 | 4 | 5 |
| 24. BEING INTERVIEWED | 1 | 2 | 3 | 4 | 5 |
| 25. ASKING SOMEBODY FOR A FAVOUR | 1 | 2 | 3 | 4 | 5 |



I'M JUST USELESS AT EVERYTHING... THERE'S NO POINT IN TRYING.

IT'S EVERYBODY ELSE'S FAULT, NOBODY UNDERSTANDS
ME SO WHY SHOULD I BOTHER?

SCHOOL IS A WASTE OF TIME... I'LL NEVER ACHIEVE ANYTHING THERE.

I'VE JUST BEEN BORN WITH THIS AWFUL TEMPER,
THERE'S NOTHING THAT I CAN DO ABOUT IT.

I'VE ALWAYS HAD PROBLEMS WITH MY READING AND SPELLING...
THEY ALL THINK THAT I'M STUPID.

NOBODY CARE ABOUT WHAT HAPPENS TO ME.

I'LL NEVER GET WHAT I WANT OUT OF LIFE.

I JUST DON'T SEEM TO BE ABLE TO MAKE OTHER PEOPLE LISTEN TO ME.

NONE OF MY TEACHERS WANT TO HELP ME...
THEY ALWAYS TAKE ME THE WRONG WAY.

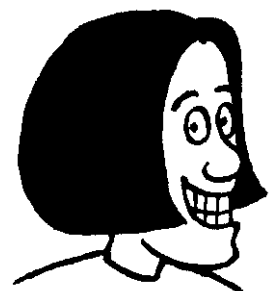
... are these some of the thoughts that go through your head?

... do you really think that your situation is totally hopeless?

... would you like some help to change things for the better?

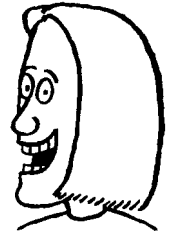
IN SECTION 3 LET'S MOVE ON TOGETHER AND DISCOVER
SOME WAYS OF THINKING AND LIVING MORE POSITIVELY.

TURN THE PAGE FOR SOME
**POSITIVE THOUGHTS AND
CHALLENGES**





LET'S THINK POSITIVE!!!



I'M NOT PERFECT... BUT WHO IS? WE'VE ALL GOT OUR STRENGTHS AND OUR WEAKNESSES.

WE ALL MAKE MISTAKES SOMETIMES, BUT WE CAN LEARN THROUGH THEM AND NOT LET THEM HAPPEN AGAIN.

THERE'S LOTS OF THINGS THAT I AM GOOD AT.

I'M NOT VERY SKILLFUL AT SOME OF THE THINGS THAT I DO BUT I CAN PRACTICE THEM AND GET BETTER.

I HAVE MY OWN IDEAS AND OPINIONS BUT I AM NOT VERY GOOD AT EXPRESSING THEM YET... I WILL GET BETTER.

LOTS OF PEOPLE CARE ABOUT ME AND WANT TO HELP ME.

I CAN MAKE CHOICES ABOUT WHAT HAPPENS TO ME.

I CAN MAKE SENSIBLE PLANS FOR THE FUTURE AND ACHIEVE WHAT I WANT IN LIFE.

EDUCATION HAS AN AWFUL LOT TO OFFER, BOTH AT SCHOOL AND AT COLLEGE... I CAN TAKE WHAT I LIKE FROM IT AND CHANGE MY LIFE FOR THE BETTER.

...come on then, let's get going... moving forward to a positive future where you are in control...



BACK TO THE FUTURE... WHERE WILL I BE?



Ten years from now where will I be?

What will I be doing?

Who will I be with?

MORE IMPORTANTLY

..... Where would I like to be?

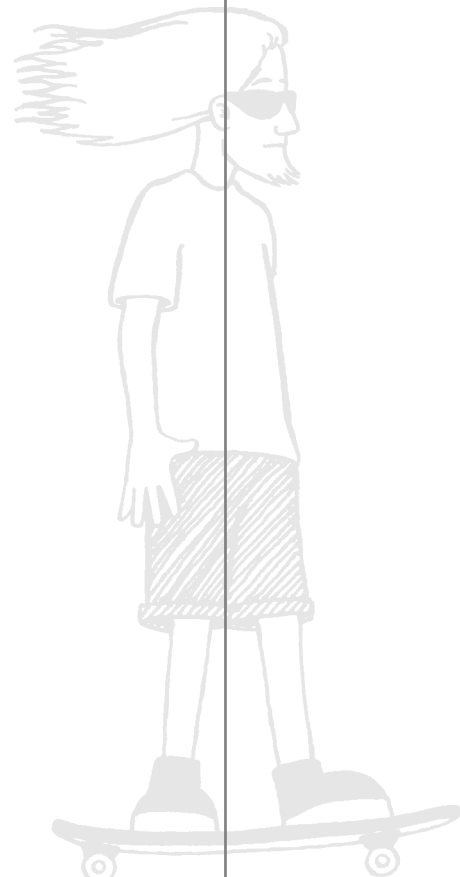
..... What would I like to be doing?

..... Who would I like to be with?

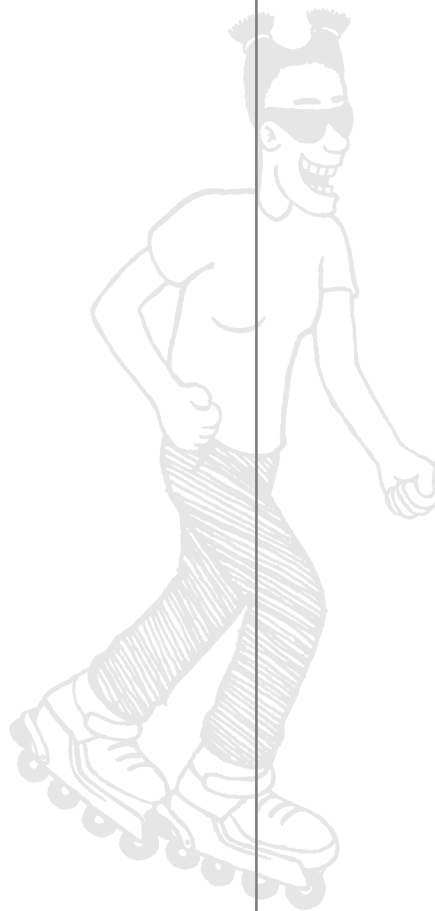
IN TEN YEARS TIME I WILL BEYEARS OLD



AREA	WILL BE	WOULD LIKE TO BE
HEIGHT		
WEIGHT		
HAIR COLOUR		
AMOUNT OF EXERCISE		
SMOKING?		
ALCOHOL?		
EATING?		
COUNTRY / TOWN OF LIVING		
TYPE OF HOME		



AREA	WILL BE	WOULD LIKE TO BE
PERSONALITY		
EDUCATION / QUALIFICATIONS		
COLLEGE / UNIVERSITY		
CAREER / JOB... PLACE / SALARY / PEOPLE PROMOTION ETC		
HUSBAND / WIFE / PARTNER		
CHILDREN		
PETS		
CAR / BIKE / OTHER		
HOBBIES / INTERESTS		
FRIENDSHIPS		
TRAVEL / HOLIDAYS		
OTHER		





ACHIEVING THE UNACHIEVABLE?



Is there a big difference between what I think "I will be" in ten years time and "what I would like to be"?

How can I set about achieving my ideal goals?

First of all try to think about the BENEFITS of achieving your goals... then the BURDENS of not achieving them

Look at the following example and then have a go at working out your own BENEFITS AND BURDENS on the following sheet.

GOAL:

★ I WILL GET MYSELF A PART TIME JOB

BENEFITS:

★ I WILL HAVE MORE MONEY FOR MYSELF

★ I WILL GET EXPERIENCE OF WORKING

★ I CAN GET A REFERENCE FOR THE FUTURE

★ MY MUM AND DAD WILL BE PLEASED WITH ME

★ I CAN GET PEOPLE PRESENTS

★ MY TIME WILL BE OCCUPIED

BURDENS:

★ I WON'T HAVE MUCH MONEY

★ I WILL HAVE TO RELY ON MUM AND DAD FOR MONEY

★ I WON'T BE USED TO WORKING

★ I WILL GET BORED AND PERHAPS GET INTO TROUBLE

★ I'LL FEEL JEALOUS OF FRIENDS WHO ARE EARNING MONEY

PLANS TO ACHIEVE MY GOAL:

★ LOOK FOR A JOB... IN THE PAPERS / SHOP WINDOWS

★ ASK FRIENDS / NEIGHBOURS FOR ADVICE / INFORMATION



GOAL: ☆

BENEFITS: ☆

☆

☆

☆

☆

☆

BURDENS: ☆

☆

☆

☆

☆

PLANS TO ACHIEVE MY GOAL:

☆

☆

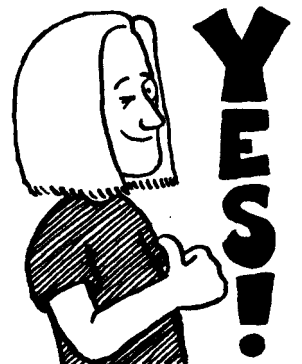
WHO CAN HELP ME:

☆

☆

☆

☆



I CAN!!

I expect that there have been times in the past when adults around you have said things like:



'WHY ON EARTH DID YOU DO THAT... HAVEN'T YOU GOT ANY WILLPOWER?''

'YOU'RE ALWAYS LETTING YOUR FRIENDS GET YOU INTO TROUBLE... WHY CAN'T YOU KEEP AWAY FROM THEM OR SAY NO!?'''

'WHY ARE YOU SO WEAK?... YOU GIVE UP TOO EASILY... YOU'LL NEVER BE ABLE TO HOLD A JOB DOWN WHEN YOU LEAVE SCHOOL''

Do you think that there's anything in what they say?

Do you sometimes find it difficult to stick with things, to resist the pressures of other people or of other things?

Do you often find it difficult to concentrate?

We all have our personal weaknesses... those soft spots where our willpower seems to totally disappear.

FOOD? DRINK? SWEETS? CIGARETTES? FUN?
COMPUTER GAMES? SLOT MACHINES? TV? DRUGS?
FAST CARS?

Make a list of your weaknesses:



EXERCISING YOUR WILLPOWER



Is your willpower soft and flabby?
Could it do with some exercise to shape it up?
Do you want to get it back under your control?
Which of your weaknesses do you want to convert into a strength?

Have a go at the following exercises to prove to yourself that you do have willpower.

1. **I WILL...** COUNT BACKWARDS FROM 100 EVERY MORNING BEFORE I EAT MY BREAKFAST
2. **I WILL...** SMILE AT EVERYBODY I MEET TODAY
3. **I WILL...** STAND ON ONE LEG FOR 2 MINUTES BEFORE I TURN THE TV ON TODAY
4. **I WILL...** ONLY DRINK WATER THIS MORNING
5. **I WILL...** TOUCH MY TOES TWENTY TIMES BEFORE I GO TO BED
6. **I WILL...**
7. **I WILL...**
8. **I WILL...**

(USE YOUR OWN IDEAS FOR THE FINAL THREE)



MY WILLPOWER CONTRACT

Complete the following contract with yourself, stating clearly which willpower exercise you are going to follow for this week. Keep a record of your success.

THIS WEEK I WILL... _____

TIME _____ PLACE _____

signed.....
witness.....

MON	TUES	WEDS	THURS	FRI	SAT	SUN
-----	------	------	-------	-----	-----	-----

(TICK EACH BOX WHEN COMPLETE)

I WILL REWARD MYSELF AT THE END OF THE WEEK WITH:

