



Journal:

# Self-Esteem and Goal Setting

15

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# Self-Esteem and Goal Setting (SEGS) Introduction

(video: 4 minutes)

## Building a Better Life:

- New to therapy
- Things not working
- Mood stabilization
- Hopelessness
- Helplessness
- Worthlessness
- Self-hate
- Guilt
- Shame
- Unhealthy decisions
- Lack of direction

## Organization:

- SEGS 1 - Hope, value and tools for the journey
- SEGS 2 - Expectations
- Safety
- Guilt and shame
- Victimization
- “Self”-development
- SEGS 3-“Need” vs. “want” and the process of change
- Silence and solitude
- Making and keeping of friends
- SEGS Finale-Bringing it together

## Discussion/Reflection:

Begin when you are ready

# Self-Esteem and Goal Setting 1

(video: 30 minutes)

Life requires goals -

## **Your journey:**

How long will it take?

You are making the right choice!

**There is hope!**

The journey often starts with pain

**You have VALUE!**

## **Start building a life worth living**

### Discussion/Reflection:

What are your reactions?

Could there be some new things that might be helpful?

Is there hope?

Are you willing to see yourself as valuable or worthwhile?

## Tools for the journey:

### 1. Journal

“Cathartic” method (emotional “to do” list)

Moving toward a goal

How can I get past my concerns (if any) about journaling?

### 2. Partnership (especially a therapist or a group)

#### Discussion/Reflection:

Are you willing to journal?

Are you willing to partner with someone?

#### Potential of change:

Information

Practice and action

Motivated by pain

Travel guide

#### Cautions:

Have no regrets

Be open-minded

Hold any anger

Hold self-blame

Don't question your ability

Discussion/Reflection:

Can you change?

How can I contain any regrets?

Am I willing to hold any anger, self-blame or lack of confidence that could get in my way of success?

**Assessment** (if not done already)

Spiritually inclusive *segment* (optional):

Why?

33-50% with Spiritual conflict  
50+ wanted a Spiritual component

but...

25% would not stop an intervention that was uncomfortable

Computer based assessment

95% of the population believes in God

Only 1.5% of published articles in psychiatry include any spiritual factor

My beliefs

There is a God

Inclusive Christian perspective

Improved emotional/psychological health

Universal spiritual truths

Incomplete so, may be a likely need for other involvement

Why?

Every available resource

Partnership considerations

Discussion/Reflection:

Should you consider a Spiritual approach?

How does this affect your choice of a partner for the journey?  
(Perhaps the best result is a secular therapist working with spiritual content.)

**Change** (Spiritually inclusive)

**Spiritual pain** (as a motivator)

My thoughts about this as a tool for helping me change:

Cautions (revisited):

Have no regrets

Be open-minded

Hold any anger

Hold any self-blame

Don't question your ability

Discussion/Reflection:

**Evaluation / Assessment** (Including a possible spiritual component)

My "Emotional To Do" List:

## Self-Esteem and Goal Setting 2

(video: 32 minutes)

### Review:

You are doing the right thing  
Uncertainty about how long it will take  
There is hope and Human Value

#### Tools:

Journaling  
Partnering  
Change is possible  
Pain as a motivator  
Have no regrets  
Be open for now  
Contain any anger  
Hold any self-blame  
Not question our ability  
(Spiritual aspects of the journey and why they might be important)

Change - but be careful of assumptions and expectations

How much do I just want to be nurtured instead of changing?

Clash of expectation - (perhaps greater in emotional health care)

Wanting to be understood and cared for  
Limited in capability  
Personal responsibility (aloneness) of this situation

Changing is one of the only things in our control

Use pain as a motivator

You are in distress AND being asked to change...

For things to BE different—  
WE need to be different!

(Reference to *Friendship* presentation - notes are below)

Discussion/Reflection:

What are your thoughts about the potential “clash of expectation”?

Do you have a support network?

Do you see how we (as care providers) come to hope for and expect change for you?

Can you see how your life is in your control only?

Cautions:

Don't map out your plans too quickly

At least be flexible

Ideas of “emotional health”:

High quality of relationships

A sense of purpose, direction and meaning in life

Life satisfaction and fulfillment

Successful societal functions

Coping skills for effectively dealing with fear, anxiety, discouragement, etc.

Get rid of the emotional “baggage”:

Abuse

Physical

Sexual trauma/rape

Emotional

Major traumas

Major losses

Discussion/Reflection:

Doubting our first impulses

Welcoming feedback

Prerequisites for change:

1. Choosing life
2. Proper perspective on guilt and shame
3. Letting go of the victim role
4. Self-development

(Review repeatedly)

*Discussion and Reflection:*

1. Have I chosen life?
2. How will I deal with crisis situations?
3. Am I consumed with guilt or shame?
4. Do I consider myself a victim?
5. Do I have self-esteem or self-confidence problems?

Spiritually inclusive segment:

“Medicine without spirituality is suspect and spirituality without medicine is suspect.”

Discussion/Reflection:

Are you open to this approach?

Can you accept that this information will be presented by me?

Spiritual assumptions and expectations

Questions:

What is God saying to me?

Has any spiritual crisis encouraged or precipitated this journey?

How will God weave into each step of this process?

How will I reconnect with God? (If I'm currently feeling estranged)

How will God play a role in helping in this journey?

Does a concept of a “dark side” or some representation of “evil” (If you have one) help or hinder this journey?

Will God “heal” my emotional affliction?

Is that at all in my control?

Does God instantaneously or miraculously heal or help me make the changes and effect my own healing?

Are there situations where it might be emotionally healthy yet spiritually unhealthy to pursue a certain course? Or, the opposite, that is, emotionally unhealthy yet spiritually healthy to do so?

Discussion/Reflection:

My own spiritual questions:

Scriptural support:

Spiritual conflicts:

Prayer / reflection / meditation / solitude:

Spiritual advisor(s):

Discussion and Reflection:

(Prerequisites for change)

1. Have I chosen life?
2. How will I deal with crisis situations?
3. Am I consumed with guilt or shame?
4. Do I consider myself a victim?
5. Do I have self-esteem or self-confidence problems?

Other reflections/questions?

# Choosing Life: Safety in Emotional Crisis

## Safety Notes

*(video: 16 minutes)*

My thoughts about coming to an emergency room or hospital in a crisis:

An emergency or crisis point for me would be:

Additional notes:

# Guilt and Shame 1

(video: 17 minutes)

Notes:

Power and purpose of guilt and shame:

Definitions:

Guilt:

Shame:

Description of how my Shame and Guilt “looks” and/or “acts”:

An alarm: crisis / emergency:

*Discussion/Reflection:*

Have you ever experienced guilt or shame?

Do you have a hard time letting go of them?

Have you (or people in your family) experienced the crisis, the alarm, of guilt and shame?

# Guilt

Notes:

Ideal "Court":

What can go wrong:

Personal experience of "Innocence":

## Discussion/Reflection:

Has a sense of guilt ever improved you?

Have you ever been falsely accused? How did you handle it?

How would you rate your confidence in your innocence?

"Guilt trip":

Feelings of guilt may or may not have anything to do with reality!

May or may not have anything to do with the expectations of others!

May have nothing to do with being a better person!

Distorted guilt - interferences with our potential:

If feeling overly guilty

If feeling not guilty enough

Discussion/Reflection:

Does your “guilt trip” play appropriately?

Has “guilt trip” ever played when it shouldn’t?

-Or failed to play when it should?

A child’s experience:

A child’s less-than healthy situation / experiences:

“Invalidating environment”

Genuinely accepts guilt

Underdeveloped sense of appropriate anger

Underdeveloped verbal ability

False judgment is accepted

Loss of trust in a sense of right and wrong

Silence can also be invalidating

Discussion/Reflection:

Did you have any experiences of guilt during development (growing up)?

Good?

Bad / false accusations?

Do you recall “selling out” or “giving up” to “keep the peace”?

Were there times that you remember when you defended your innocence?

Discussion/Reflection... cont:

Are there feelings and actions that you would like to defend now as you look back on them?

Did you grow up in a silent or invalidating environment?

How would you rate the level of unconditional love and acceptance while growing up?

Spiritually inclusive segment:

Reflection:

Seeing God like our authority figures?

Unconditional love?

Experiences in spiritual communities?

God:

Perfect love

Perfect justice

Never incorrectly judged

Every judgment is made in unconditional love and acceptance

-With the express purpose of making us better people

Discussion/Reflection:

The "Ideal"?

Grace

Forgiveness

Love

Unconditional acceptance

## Guilt and Shame 2 (video: 13 minutes)

### Shame

Notes:

Permanent shame is one of the most damaging and limiting of all experiences:

Also extremely common (You are not alone!)

So it needs careful consideration!

Power and purpose of shame:

Character Counts” (ethical behaviors):

Trustworthy  
Respectful  
Responsible  
Fair  
Caring  
Citizenship

The “Golden Rule”

Shame as an alarm for not living up to my own standards

Discussion/Reflection:

What is the healthy side of shame as a way of learning standards of behavior?

Ethical Standards Development”

“Modeling” (seeing things) as a primary form of learning

Less-than healthy environments:

“False self”

“Superhuman”, “Human Doings”

“Subhuman”

Challenge: claiming our own truths / expectations

Shame and guilt are not character traits and are changeable

Discussion/Reflection:

Were you exposed to any unhealthy modeling or teaching about ethical behaviors?

Can you identify with this concept of “false self”?

Does it make sense that it would be easier to deal with the result of unhealthy experiences rather than a fundamental character trait?

Considerations:

1. Appropriateness of feelings (sensitivity)
2. Duration

Appropriate sensitivity:

Discussion/Reflection:

Do you have an appropriate sensitivity to guilt and shame?

Is your sensitivity too high or too low?

Appropriate duration:

Temporary and motivating factors only

There should be some time limit!

Saps our energy for becoming a better person

Discussion/Reflection:

Do you believe the notion that guilt and shame should be temporary, motivating factors only?

Do you agree and does it make sense that most of our days should be guilt and shame-free?

Would it be okay to let go of some of your shame/guilt?

Spiritually inclusive segment:

Aspects of guilt (review) and now, shame

Broken but loved

Choice vs. Chosen

How are we to use guilt and shame to be better people?

Forgiveness

Grace

Love

Discussion/Reflection:

How could shame affect our experience of God?

How could God help heal that shame?

Would it be okay to let go of shame and guilt (if you feel you can choose)?

Would it be okay to “be healed” or to be “chosen” (if you feel like you cannot choose)?

## Guilt and Shame 3 (video: 16 minutes)

### Letting Go of Shame

Change will feel different – beware of “emotional reasoning”

#### **Techniques:**

1. It is acceptable to let it go (temporary motivating factor only):
2. Accepting your humanness:

#### Discussion/Reflection:

Are humans perfect?

Are you human?

Is imperfection equal to brokenness?

Is imperfection equal to unacceptability?

3. Emphasizing your value:

#### Discussion/Reflection:

What creates value for people?

We all have limitless value – we all are equal!

#### Discussion/Reflection:

Are you willing to see yourself as a precious, fundamentally valuable human being?

4. Reject the lies! – The “Practice” approach:

Discussion/Reflection:

How can you practice thinking differently?

How can you fight emotional reasoning?

What reminders and “practices” can you think of?

What “lies” were told to you?

Would it be okay to see them that way and let them go?

5. The “Ticketed” approach:

Discussion/Reflection:

How does it feel to be accepted?

How does it feel to gain entry?

6. A “Rights” approach:

Discussion/Reflection:

Generate your own personal list of rights:

Discussion/Reflection:

Compare your list to other “Personal Bill of Rights” examples  
(links on MyTherapySession.com)

7. The “Declarations” approach - Declaration of Human Worth and Value:

Discussion/Reflection:

Make a Declaration of your own Human Worth and Value

8. Affirmations

Short and Positive

Repeat and practice

Discussion/Reflection:

Create your own affirmations

What ideas do I have about how I will practice using them?

9. Guilt/shame exercise (Found at Mytherapysession.com)

Discussion/Reflection:

10. Nurturing the inner child

11. Confronting

*Discussion/Reflection/Visualization:*

Picture and nurture yourself as a child.

Imagine confronting the person who laid the shame on you.

12. Sounds

Water

Bell

Music

Others

*Discussion/Reflection:*

13. Have a “Shame-Free” day!!!

14. Poetry

15. Stories and writings

*Discussion/Reflection:*

Spiritually inclusive segment:

Letting go of shame:

God loves us

God values us

God wants us mobilized for action

Songs

Meditation

Discussion/Reflection:

Has your religion helped or hindered your shame?

Does God accept and love you?

Can you accept God's love?

## Guilt and Shame 4 (video: 16 minutes)

### Letting Go of Guilt

#### **Techniques:**

##### 1. Pay the price:

Accept and be changed by the experience

Apologize

#### Discussion/Reflection:

Paying back

Restitution

Apology

##### 2. Willingly dismiss it:

#### Discussion/Reflection:

Practice dismissing guilt.

##### 3. Physically discard it:

#### Discussion/Reflection:

Practice discarding guilt.

#### 4. Visualizations

Give it back:

Discussion/Reflection:

Practice giving the guilt back to the person who laid it on you.

#### 5. Self-Forgiveness

Discussion/Reflection:

Practice forgiving yourself.

Claim “enough” punishment.

#### 6. Accepting ourselves:

“Be”

Discussion/Reflection:

Practice “being”.

#### 7. Claiming innocence / freedom:

Discussion/Reflection:

Practice claiming innocence / freedom.

Claim “another chance”.

8. Have a “Guilt-Free” day!!!

9. Poems / Stories / Artistic expression / Movies

Discussion/Reflection:

What are three things (at least) that you could do today to let go of your guilt (and shame)?

1.

2.

3.

Spiritually inclusive segment:

Letting go of guilt

10. Confession and forgiveness

Discussion/Reflection:

Practice confession and forgiveness

11. Adjusting the sensitivity or duration of our conscience

Religious contributions

God as judge and love

God's help in change

Grace

Faith

Mercy

Reconciliation

Restitution

Discussion/Reflection/Meditation:

How can these ideas help you let go of guilt?

Grace

Love

Mercy

Restitution

Confession

Forgiveness

Other suggestions?

What are three things you could do today to let go of guilt (and shame)?

# Letting Go of the Victim Role 1

(video: 15 minutes)

Definition:

Features:

- 1.
- 2.
- 3.

Your choice is to

-

OR

-

Ownership:

Discussion/Reflection:

What are your reactions so far?

Is there any anger?

You have been and only you can drive your journey!

Not deciding is deciding not to decide, so there is no such thing as not deciding.

Only you know yourself well enough to drive.

**You have to take ownership!**

Discussion/Reflection:

How much am I willing to take responsibility for my current situation  
(rather than blame someone else)?

In whose control is my recovery and/or health?

Deal with “victim” mentality:

1. Fairness
2. Expectation of apology or payback
3. Trust is needed for a fulfilling life
4. Defensiveness vs. striving for something
5. Self-pity and entitlement

Discussion/Reflection:

How much are you expecting:

An apology?

Some payment (with interest)?

Things to be “fair” or “right”?

How defensive are you?

How much are you consumed with hurt or self-pity?

Are you feeling entitled?

Victim “Sensitivity”

Victim “Duration”

Discussion/Reflection:

What do you think about the idea that being a victim should be a temporary, motivating experience rather than a permanent state of being?

Do you have any thoughts about how long you expect yourself to be a “victim”?

Is it okay to let go of being a victim?

## Letting Go of the Victim Role 2

(video: 16 minutes)

Cost Benefit Analysis -

Write down the thought, behavior or emotion that you might want to change:

Pros and cons about keeping it:

Discussion/Reflection/Practice:

Weigh out the pros and cons

Disputations - an argument against the way we thought things were

Find short and positive statements

Discussion/Reflection:

What disputations, or arguments, can you come up with?

Be patient and persistent with yourself

Beware of “emotional reasoning” (thinking that because it doesn’t “feel” right, it must be wrong)

Change “feels” wrong, at least at first

*Discussion/Reflection:*

Is it at all consoling to realize that you now have more control than you once thought?

Any questions about the pros and cons exercise?

Any questions about disputations?

Spiritually inclusive segment:

Letting go of the victim role

Potential to blame God – why did he let this happen to me?

Learning not to blame others (including God) or ourselves

Growth through pain

We are each created equally

God can fill only empty vessels

The point of healing is stronger than it was to begin with

Discussion/Reflection:

# Self-Development 1

(video: 20 minutes)

## Building “Self”

Definition: “An inner sense of who we are”

Unstable sense of self:

Stable sense of self:

Swiss cheese “self”:

“Self-Self Objects”

Memories

Affirmations

Meaningful

Change us

It is ok, even inevitable and needed to build “self”

Discussion/Reflection:

Is it okay to build a positive and realistic sense of self?

Has too much negative stuck?

Would it be okay to wash away the negative?

Would it be okay to peel off the non-stick coating for positive comments?

Can you accept that, deep down inside, there is an innocent and wholesome child who is capable of learning and accepting affirmation, of loving and being loved?

Analogies:

Negative:

“SCUM”

S \_\_\_\_\_

C \_\_\_\_\_

U \_\_\_\_\_

M \_\_\_\_\_

Positive:

“LGS”

L \_\_\_\_\_

G \_\_\_\_\_

S \_\_\_\_\_

Allow the LGS to stick

Other approaches:

DBT

Journaling

Reflecting

Reading

Others

Influences:

People close to us

Tend to devalue the positive comments

Amplify the negative

More neutral / distant relationships

Comparisons:

“Inferiority Complex”

Opportunities for contribution are stifled by comparison

Misguided to focus on being only the best when there is so much good to be done!

“Emotional Shielding” – protection of “self”

Discussion/Reflection:

SCUM

LGS

Comparison

Influences

Protection of “self”

## Self-Development 2 (video: 17 minutes)

### Self-Esteem

What is self-esteem?

Definitions:

“Esteem” - Regard, respect, the condition of being honored, well regarded, admiration, delighted approval and liking, pride, worthiness, dignity

“Self-esteem” – Our own perception of being acceptable and lovable, self acceptance then reinforces other’s comments, dignity and self-respect of ourselves.

Minority or unpopular vs. Uniqueness

Dangers of building “self esteem” on external things (“self” vs. “other” esteem)

Foundations in:

Core values

Principles for living

Checks and balances

Meaning and purpose

Ups and downs

Think Safety!

Discussion/Reflection:

Is it okay to accept, even affirm yourself?

Do comparisons get in your way?

Do you have any other problems accepting these ideas?

The description of the journey's road surface:

Interplay of guilt/shame issues, victimization and self-development

Enhanced ability to make healthy decisions

"Self" development is foundational for many other things

Spiritually inclusive segment:

Building “self”

Concern about (but the not same as) “pride”, “selfishness” or “self sufficiency”

God’s love

God as LGS

Love others as you love yourself

“Me and God make a majority”

Discussion/Reflection:

Does God love you?

Is it okay to accept that love, even remember, memorialize and revel in it?

What has gotten in the way of your willingness to accept that love from God?

What has gotten in the way of your ability to accept that love from God?

How does this fill your “swiss cheese” self?

Are you acceptable, lovable, created and blessed by God?

## Self-Esteem and Goal Setting 3

(video: 25 minutes)

Review:

The “need to change” is not good enough!

Caution about changing for others

The key is in wanting to change for you

Take caution about fleeting desires to change in crisis

### Discussion/Reflection:

How much do you really want to change vs. a “need” to change?

If things got better, would you still want to change?

Honor the choices you have made so far:

A move, a change – to a different place emotionally

What would you lose?

Is a move really a change?

My choice comes out of knowledge about other places.

My choice comes out of desire and ability to move.

I did it.

Conclusions:

*Discussion/Reflection:*

What are my primary motivators for change right now?

Where am I emotionally right now?

What will I be giving up or leaving if I do go on this journey?

Have I ever actually set out to move somewhere else emotionally?

Have I gotten discouraged and “returned home” to “safe ground” rather than looking for different ways or asking for more help to succeed?

How much do I want to go on this journey?

How sure of my abilities am I right now?

What other resources will I need?

What is important to me?

If I were facing the end of life, what would I regret about the choices I’ve made until now?

Do I like what would be inscribed on my tombstone?

What is the meaning and purpose of my life?

Cognitive approach:

Emotional reasoning:

Labels:

“Failure” or “Loser”-

Being “In control”-

Prerequisites for change:

Transtheoretical Model-

Precontemplation:

Contemplation:

Preparation:

Action:

Maintenance/relapse:

Discussion/Reflection:

Consider possible losses in making changes in your life:

What are possible motivators for making these changes?

Spiritually inclusive segment:

Spiritual “need to change”-

Legalism:

Spiritual motivations:

Control:

Failure:

Transtheoretical model:

*Discussion/Reflection:*

Do you suffer under an imposed legalistic form of spirituality?

If so, what has been the impact of living within that?

How is it different to want to follow God and move toward love than to have to be good or perfect?

Are you loved by God?

Could God be helpful in changing your desire?

What are your thoughts about being “in control” or a “failure” in the context of God’s wisdom and love?

How could an inclusion of our spiritual selves enhance our progress in the Transtheoretical model?

## Solitude and Silence

*(18 minutes + 8 minutes optional spiritual segment)*

Quotes/Potential:

Categories (Long, et al):

1. Anonymity
2. Creativity
3. Diversion
4. Inner peace
5. Intimacy
6. Loneliness
7. Problem solving
8. Self discovery
9. Spiritual growth
10. Solitude as transition
11. Social isolation

Top importance:

1. Problem solving
2. Inner peace
3. Self-discovery

Likely benefit for solitude!

Concerns about:

Loneliness

Social isolation

Discussion/Reflection:

Do you regularly spend time in silence and solitude?

Could more time in silence and solitude be helpful?

Reactions to the categories?

Thoughts about overall "Risk vs. Benefit"?

Are loneliness or social isolation problems?

What is your prior education or encouragement about solitude?

Parents

Schools

Workplace

Society

Medical recommendations

Religious systems

Preparation:

Potential activities

Frequency

Scheduling the time

Location

Home

Nature

Safety

Discussion/Reflection:

Is this a problem for you?

Bad experiences?

Would you like for this to change?

What motivations would you have for changing?

What suggestions appeal to you most?

(Optional) Spiritually inclusive segment:

# Developing Friendships and Nurturing Relationships (The Pursuit of Relatedness)

## Friendship 1 (video: 23 minutes)

Introduction

Loneliness vs. Aloneness

Reasons for Loneliness

### Discussion/Reflection:

How lonely are you currently feeling?

How comfortable are you with your aloneness?

What is the impact of aloneness on your life?

What is the quality of your relationships?

Why do you think you are lonely?

AAA Model for Developing Friendships:

- 1.
- 2.
- 3.

What is your immediate attitude or belief about friendships?

What are some of the quotes or messages that have formed your attitudes about relationships?

What early experiences with friends (good or bad) have impacted your current attitudes about friendships?

Attitudes that Inhibit/Prevent Friendship Development (Burns):

Low self-esteem  
Romantic perfectionism  
Partner perfectionism  
Personal perfectionism  
Shyness and social anxiety  
Hopelessness  
Alienation and isolation  
Rejection sensitivity  
Fear of being alone  
Desperation  
Disclosure phobia  
Unassertiveness  
Resentment and bitterness  
Defensiveness and fear of criticism  
Relational depression  
“Trapped factor”

Discussion/Reflection:

Which attitudes are problematic for you?

How can you dispute these inhibiting attitudes?

What is at least one positive and affirming attitude about friendships or relationships?

Healthy relationship-nurturing attitudes:

1. Your life is not on the line
2. You don't have to be clever or perfect interpersonally
3. Congratulate yourself for trying
4. Appearance and physical attractiveness is not of paramount importance in friendships
5. Rejection does not make you worthless. Your worth resides in yourself.
6. Enjoy the process; don't worry about the outcome.
7. Practice, practice, practice the skill of friendship
8. Experiment, enjoy, smile and have fun

Reflect on our discussion of friendship thus far. What do you think is preventing you from enjoying healthy relationships?

## Friendship 2

(video: 28 minutes)

What is involved in Achieving Autonomous Adulthood?

What do you think about the idea that to care for others, you must first care about yourself? Why do you agree or disagree?

How well do you care for yourself?

Rate yourself from 1=poor to 5=excellent on each of the following autonomous functional self-care skills:

- Cooking/providing meals
- Housekeeping
- Providing your own transportation
- Money management
- Laundry and wardrobe management
- Childcare
- Solitude
- Maintaining a satisfying career/job
- Pursing interests and hobbies

Rate yourself 1-5 on the following autonomous social and relationship skills:

- Making and keeping same sex friends
- Developing other sex friendships
- Deepening relationships beyond superficial ones
- Communicating with others
- Prioritizing others/making time for friendships
- Initiating activities
- Entertaining/ hosting activities
- Finding new ways to meet friends

Which functional or social skills are rated three or below?

What might you do to develop or improve skills in these areas?

What is one new skill acquisition activity you will commit to?

By what date will you initiate this?

Fundamentals for taking action:

- 1.
- 2.
- 3.

What are the characteristics of a good friend?

What are your strengths or limitations as a friend?

Listening

Safety

Helpfulness

Empathy

Balancing giving and receiving

Persevering

Boundary-setting

How can you increase social opportunities?

What is at least one thing you are willing to do to change your social scenery?

Complete the following exercise for finding friends with similar interests:

Make an interest list:

Brainstorm all the places that people might pursue each interest:

Prioritize your interests.

What is one interest that you will commit to pursuing in an effort to meet someone new?

What are the strategies for initiating conversations?

1.
  - a.
  - b.
  - c.
2.
  - a.
  - b.

What are some strategies for getting a conversation going?

Discussion/Reflection:

What is most difficult for you in initiating and maintaining conversations?

What is one thing that you will commit to attempting regarding conversations?

What might you do if you are shy?

What are your thoughts about the idea that friendships take time, patience, effort, intention, and forgiveness?

What are your thoughts/reactions to the AAA model for developing friendships and nurturing relationships?

How can you apply these ideas to your circumstances?

What have we forgotten or left unsaid?

# Self-Esteem and Goal Setting Finale

## Bringing it all Together

*(video: 16 minutes)*

Review:

You have the necessary ingredients for healthy decision-making

What do you want for your life?

### **Putting it all together:**

Emotional Health / Positive Psychology:

High quality of relationships

A sense of purpose, direction and meaning in life

Life satisfaction and fulfillment

Successful societal functions

Coping skills for effectively dealing with fear, anxiety, discouragement, etc.

Deal with and resolve emotional baggage:

Abuse

Physical

Sexual trauma/rape

Emotional

Major traumas

Major losses

Discussion/Reflection:

What does emotional wellness look like for you?

What do you need to work on to become emotionally healthy?

What emotional baggage are you carrying that needs to be resolved?

Do you need to work on developing healthy relationships?

Silence/ solitude reflection:

Meaning and purpose:

Discussion/Reflection:

What meaning and purpose is there in your life?

Why are you here?

Balance:

Discussion/Reflection:

Where might you be out of balance in your life?

Conclusions:

Capture your goals in writing

Discussion/Reflection:

Would you say you have identified any problems and do you want to do anything about them?

Do you recognize what direction you need to go in order to make your life healthy?

Can you say that you really want to do something about whatever you have identified as a problem?

What will you begin working on?

When will you begin working on it?

What will you do in the event of a relapse?

(Optional) Spiritually inclusive segment:

Balance:

Meaning and purpose: