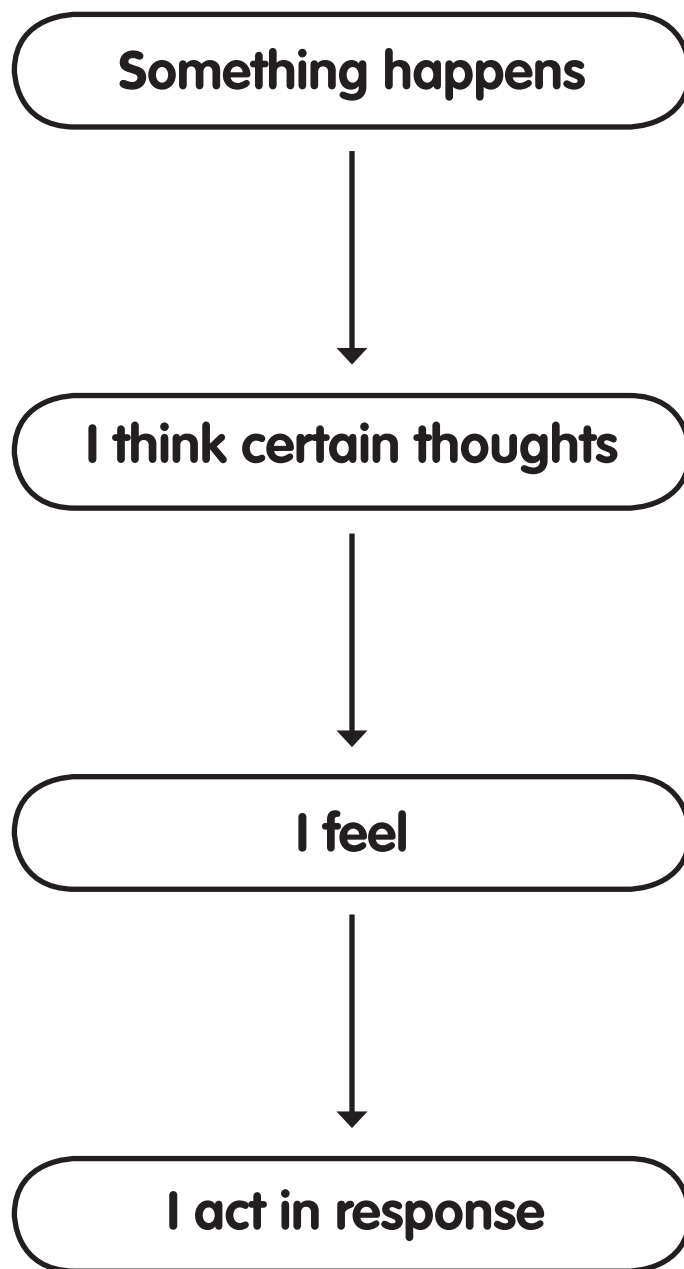


Resource 1 (Activity 1)

Thinking - Feeling Flowchart



Resource 2 (Activity 1)

The Consequences Of Making Negative Judgements

We often make negative judgements about situations. These lead to difficult feelings and can result in actions that are not helpful to us or other people. Read the examples below and then complete the last two rows with some examples of your own.

Event	Possible Negative Judgements	Possible Feelings	Possible Actions
You have spots on your face.	"Everyone is going to look at the spots on my face and think they are disgusting." "Everyone thinks that I am ugly." "People are unfair and unkind for thinking I'm ugly."	Embarrassment Shame Self-Pity Anger "I am so ugly." "No one wants to know me because I'm ugly." "I hate everyone for being so horrible to me." "I feel sorry for myself."	You stop going anywhere where people can look at your face. You become very shy. You lose friends because you won't socialise.
You have got a low grade in a maths test about algebra.	"I can't do any maths." "My teacher is useless." "It isn't fair that I have to study maths." "People are laughing at me and think that I'm stupid."	Shame Worry Anger Humiliation	You give up trying to succeed and fail the end of year exam. You misbehave in maths class and get into trouble.
You have had a row with your mum because she won't let you get your eyebrow pierced."	"She doesn't understand me." "She only thinks of herself." "She doesn't care about me."	Anger Frustration Self-Pity "I hate her." "No one understands me." "I don't fit in." "I'm angry and upset." "I feel bad because I rowed with my mum."	You are unhappy, sulk and don't talk to your mum. You take it out on someone else.

Resource 3 (Activity 1)

The Consequences Of Making Positive Judgements

The following examples demonstrate how we can make positive judgements in relation to the facts given in Resource Sheet 1 (Activity 1). Changing the judgements we make can influence how we feel, and hence how we behave. Read the three examples and then complete the last two rows for the same examples that you gave in Resource 2 (Activity 1).

Event	Possible Positive Judgements	Possible Feelings	Possible Actions
You have spots on your face.	"I don't like having spots but there's nothing I can do about it." "People like me for who I am." "I don't decide that I don't like someone because they have spots." "They'll go away eventually." "Most people my age get spots."	A bit annoyed Positive Rational "I feel a bit sorry for myself." "I'm not going to let having spots affect what I do." "I like myself. If people treat me differently because I have spots, it's their problem, not mine. They must be shallow and insecure."	You socialise, join in with activities, talk to people and have fun!
You have got a low grade in a maths test about algebra.	"I find algebra difficult, but I'm okay at graphs and geometry, and I'm good at History!" "I need to get some more help with algebra." "I need to revise more to prepare for tests in topics that I find difficult." "I can't be good at everything."	"I'm upset about doing badly." "I'm not stupid." "I'm determined to focus on the areas of maths I feel confident about so I can succeed in the end of year exam." "I don't like maths."	You ask a friend/teacher to help you understand algebra better. You work hard and manage to pass the end of year exam.
You have had a row with your mum because she won't let you get your eyebrow pierced."	"She doesn't understand why I want my eyebrow pierced." "She's worried that I might find get into trouble at school if I have a pierced eyebrow." "She's worried that people will think badly of me without even knowing me if I have a pierced eyebrow."	"I wish she would try and see my point of view." "I feel annoyed with her." "I feel that she cares about me." "I don't care what people think of me! If they think I'm a horrible person because I have a pierced eyebrow that's their problem!"	You suggest waiting until the holidays to get it done so it will be healed up enough to be able to remove it for school. You calmly explain to your mum why you want a piercing.