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<b>Motivation Worksheet</b>		
<i>This worksheet can be given to team members to fill out or can be used as an interviewing tool during a discussion with individual team members. These questions are intended for use as a tool, to learn what motivates each of your team members.</i>		
<b>Personal Goals</b>		
What do you hope to gain from this position?		
In what area(s) do you want to strengthen, improve, or develop?		
Do you feel the most satisfaction when you: (select 1-2)		
<input type="checkbox"/> Lead a group	<input type="checkbox"/> Work with others (co-operation)	
<input type="checkbox"/> Master a new skill	<input type="checkbox"/> Influence or teach others	
<input type="checkbox"/> Receive recognition	<input type="checkbox"/> Achieve a goal	
Is there anything (or role) you would like to be doing right now that you are not doing?		
What is the driving force that motivates you to participate?		
<b>Recognition</b>		
Do you like recognition for your accomplishments?	<b>Yes</b>	<b>No</b>
What type of recognition is most meaningful to you?		
<input type="checkbox"/> Awards	<input type="checkbox"/> Announcement from someone in a high position	
<input type="checkbox"/> Verbal from other members	<input type="checkbox"/> Given more responsibility	
<input type="checkbox"/> Written (letter)	<input type="checkbox"/> Direct praise from a leader	
<input type="checkbox"/> Other:		
<b>Team Goals</b>		
Are you more invested in a goal that is assigned to you, or that you set for yourself?	<b>Assigned</b>	<b>Personal</b>
Do you feel more satisfied when you accomplish a goal on your own or when your team succeeds?	<b>Individual</b>	<b>Team</b>

**SELF-ESTEEM WORKSHEET**

NAME \_\_\_\_\_ SLS1301C – Life Career Planning

**DEFINE SELF-ESTEEM:**

List 10 adjectives, positive or negative that YOU think describe you. Ex. I am creative. I am stubborn.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

**List 4 of your strengths:**

1. _____
2. _____
3. _____
4. _____

**List 4 of your weaknesses/challenges:**

1. _____
2. _____
3. _____
4. _____

List 5 "put downs" (sarcastic statements) you tell yourself or hear others say about you.

1. _____
2. _____

# Silencing Negative Thoughts Worksheet

## Negative Thought

## Positive Argument

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
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7. \_\_\_\_\_  
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SJKFITNESS

Printable Worksheet  
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### FAST FORWARD POSITIVE AFFIRMATIONS

#### MANIFEST YOUR DREAMS - VISUALIZE

Worksheet: Positive Affirmations & Manifesting your Dreams

"Don't knock it 'til you try it"

In this worksheet, please write down something you DESIRE the most in the world

Write it **10 times a day** - until you have manifested it.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_  
7. \_\_\_\_\_  
8. \_\_\_\_\_  
9. \_\_\_\_\_  
10. \_\_\_\_\_

WaterFastingForum.com #FastForwardtoHealth @pyyalye fastforwardtohealth@gmail.com

They're like annoying bugs that keep buzzing around and won't leave you alone." Next, it lists many different things that people worry about, including: Family o Arguments or Fights o Upsetting Family o Family's Safety o Getting in Trouble o Sick Family Member School o Following Rules o Grades o Presentations o Homework o Tests Friends o Fitting In o Making Friends o Being Teased o What to Talk About o Bullies Other o Getting Hurt o Being Embarrassed o Appearance o Money o \_\_\_\_\_ (blank space to write in another worry) The worksheet instructs the child to circle at least three things they worry about from this list. KidsMentalHealth. Now let go of the oranges, and let your hands rest. For example, the Waking Up section includes the Five Senses technique: "Five Senses. Try to be open, authentic, and relaxed. If parents decide to bring their child to therapy, they need to stay engaged throughout the therapy process. Cognitive therapy is a good choice for emotional children, as it involves reducing anxiety and learning new ideas and new ways to channel the child's feelings and energy. For each story the child tells, he or she will continue identifying the feelings that each occasion brought up. Thanks for reading! We hope you enjoyed reading this article. o Dig Deeper: Share a story about a time you were very happy. At this stage, the child is building important relationships with peers and is likely beginning to feel the pressure of academic performance; mental health issues may begin at this stage, including depression, anxiety, ADHD, and other problems. Reward Coupons Printout If you like the idea of using rewards and punishments, this printout may be a useful guide for coming up with and doing out desirable rewards. Many people consider child therapy for huge topics like abuse, neglect, and trauma, but it can have an equally weighted focus on positive growth and strengths. Emotion Faces Handout This handout provides cute and easy to understand examples of what different emotions might look like on someone's face. With your child, take a few moments to explore the morning through your senses. If these 13 worksheets still aren't enough, you're in luck! For 13 additional resources from ParentCoachPlan.com that you can use with your child or client, click here. 6 Books for Children in Therapy 1. It includes mindfulness techniques for six activities or times of day: Waking Up Meals Travel School Free Time Bedtime For each activity or time of day, there are one or two techniques that you can practice with your child (or encourage your child to practice on their own, like the school techniques). Finally, pretend like a fly landed on your nose. Goal Sheet Worksheet If you're a fan of goal-setting, you'll love this simple and straightforward worksheet for helping young children stick to their goals. Who are they? 13 Child Therapy Worksheets In addition to the techniques described above, there are tons of worksheets, handouts, and other resources that can be used in child therapy or as a complement to child therapy. Retrieved from Crouch, M. (2018). o Dig Deeper: Write a letter to a friend or a family member who lives far away. Stagnation Late Adulthood: Ego Integrity vs. Fatherly. It might be difficult for the child to describe the effects of the trauma, but focusing on themselves and their role in the story can give the child a sense of agency and independence that they may not have had before. The therapist will hand the container to the child and instruct him or her to put the tokens down on the feeling cards that represent how they would feel if they were the child in the story. Like the other two categories, each card offers one general discussion question and one "Dig Deeper" question. School Age: Industry (Competence) vs. Click here to see the worksheet. You can view or download this list of affirmations from DearCrissey.com at this link. Like with any form of therapy, it is most effective when everyone involved is on board, supportive, and contributing to its success. Next, it describes how anger can grow almost uncontrollably until it seems like it's way too big to deal with. M., Kaduson, H. Children who receive corporal punishment learn that hitting and violence are appropriate responses to their problems, they tend to be more aggressive with other children, and they carry this into adulthood. For more information, don't forget to download our three Positive CBT Exercises for free. Click here to download the Bullying worksheet. Will the therapist be meeting with just my child or with the entire family? Second Story Technique This narrative therapy technique can help the child to open up and share details of their trauma with the therapist (as well as parents and/or other trusted adults, if needed). This list of 50 positive thoughts and affirmations includes: There is no one better to be than myself. Nemiroff, Jane Annunziata, & Margaret Scoot The book A Child's First Book about Play Therapy is another great introduction to therapy for young children. Remind them of all the things they are good at, the things they have to be proud of, and reasons why they should love themselves. Retrieved from Lowenstein, L. Early Childhood: Autonomy vs. The therapist begins by discussing self-esteem with the child, then asking the child to draw an outline of their body on the construction paper. Retrieved from Wells, J., Sueskind, B., & Alcamo, K. The American Academy of Child & Adolescent Psychiatry suggests asking the therapist or counselor the following questions: Why is psychotherapy being recommended? o Dig Deeper: Share something that is worrying you right now. For example, offer rewards for completing homework rather than a good report card. You don't have to be perfect to be great. This beautifully illustrated book tells the story of four children who learn how to cope with the trauma they have experienced, teaching children about tools they can use to cope with their own trauma. Question: How does your body feel different when you are worn-out or tired? Child therapy can be practiced with one child, a child, and a parent or parents, or even with more than one family. However, if someone of school age is still throwing tantrums, it may be time to explore therapy and counseling options. How much do psychotherapy sessions cost? I have the power to make my dreams come true. To read up on the other drops of wisdom regarding using rewards and punishments, click here. I get better every single day. Shame and Doubt. Whatever the issue they are facing, child therapy can help them deal with it. When you hide your sadness or anger until the bully is gone, they will often stop bothering you. There is no one quite like me! I am funny. Now, let go of the sand, and relax your feet. This technique allows the child to discuss their anger, an exercise that may be unfamiliar if the child is not used to feeling like it is acceptable to express such emotions. Let us know in the comment section. How an Emotional Child Can Benefit from Therapy Play Therapy Changes Lives. You can download this worksheet here. The Slow-Motion Game This technique can be applied to help the child learn about self-control. I'm excited to spend time with you. Once the child runs out of feeling words to suggest, the therapist will line up the feeling cards in front of the child. Have you tried any of them with your own children or children? The examples include: Physical Bullying o Hitting / Kicking o Pushing o Tripping Verbal Bullying o Name-calling / Teasing o Making hurtful comments o Threats Social Bullying o Spreading rumors o Causing embarrassment o Encouraging others to exclude someone from the group Cyber Bullying o Sharing embarrassing photos or videos o Sending hurtful comments or messages o Impersonating another person online Next, the worksheet lists five different ways to handle bullies: Tell an Adult. A. This technique is a great way to introduce mindful breathing as well as a good mechanism for dealing with intense emotions like anger or anxiety (Kilpatrick, n.d.). Taking away rewards can lead to a constant sense of defeat when a child works hard, yet never sees positive outcomes. My Fears Worksheet This worksheet can help children learn about how fear is a normal reaction to the world, what it feels like, and what makes them scared. Next, pretend like you're sitting on the beach. These discussion questions can help a family improve their communication and get to know one another better. Explain that the role of a therapist is to provide help and support. You want to get it off, without touching it with your hands. So, your child has picked the clothes up off the floor and put them in the dresser, but the clothes are not folded neatly. 3. Today is going to be an awesome day. You can read more about this technique in Hall, Kaduson, & Schaefer's 2002 paper "Fifteen Effective Play Therapy Techniques." The Mad Game The Mad Game, developed by Patricia Davidson and described by Hall, Kaduson, & Schaefer (2002), can be used to show children that it's okay to feel angry and to encourage them to express it in a healthy way. Child and adolescent issues. Applied behavior analysis can help the child learn how to respond to situations in better, more effective ways, and will teach them about rewards and punishments for their behavior. (2014). Retrieved from Hall, T. It is often administered by a counselor or therapist who specializes in working with children, and who can offer the parents and/or guardians insights that may not be immediately apparent. In addition to these issues, the child may be dealing with: Persistent feelings of sadness or hopelessness; Constant anger and a tendency to overreact to situations; Preoccupation with physical illness or their own appearance; An inability to concentrate, think clearly or make decisions; An inability to sit still; Diets or binging behavior; Violent acts such as setting fires or killing animals (Thompson Jr., 2010). For younger children, this list of 20 simple and straightforward affirmations will make it easy to remember to do their affirmations every day: I am smart. (2009). What did they feel like? Using Rewards and Punishments Handout If you or your client's parents are looking for ways to effectively implement rewards and punishments, this handout is an excellent resource for you. This tells your child that you don't really mean it when you threaten punishments. It provides a brief description of what mindfulness is and why it is important, then jumps right into the many ways to be mindful during an average day. You can find more general therapy books here. Instead of offering one big reward for a long-term accomplishment, try offering smaller rewards as your child completes steps toward the larger goal. Similarly, there are some suggestions on how to talk to a child about going to counseling. During the therapy session, the therapist will gently encourage the child to walk through the traumatic event, providing details about what happened to them. Psychotherapy for children and adolescents: Different types. I have a positive attitude. I have people who love and respect me. On the next page is a big, red stop sign. I try my hardest. Therapy sessions can focus on working towards an optimistic future, developing positive coping methods, as well as boosting self-esteem, self-confidence, and other positive states and traits in children. Question: Do you have close friends who feel like family? I am creative. A few of the most common and evidence-backed techniques, as well as the type of therapy they can commonly be found in, are described below. Stimulating healthy, normal development. What does the food feel like on your tongue? The first page includes discussion cards labeled "Family," which focus on getting to know the family as a whole and individual family members better. Positive Postings This talk therapy technique from Jacqueline Melissa Swank will help the therapist assess and improve the child's sense of self-esteem and encourage positive self-talk. How will we (the parents) be informed about our child's progress and how can we help? They all include one question for the family to discuss together, and a "Dig Deeper" option if the child wants to continue discussing that topic. Children can complete this worksheet with a parent or other adult, or by themselves, if they are old enough. There are many effective forms of child therapy with evidence to back them up, including Applied Behavior Analysis, Behavior Therapy, Cognitive Behavioral Therapy, Cognitive Therapy, Family Therapy, Interpersonal Psychotherapy, and Organization Training (Society of Clinical Child & Adolescent Psychology, 2017). Have some candy! Watch a movie. My confidence grows when I step outside of my comfort zone. While they are having fun, they will explain to the child that they can make the bubbles bigger by taking deep breaths and blowing slowly into the hoop. It can also be adjusted to work for other emotions as well, like sadness or anxiety. Image by Pixaby. Negative attention can feel better than no attention, and children who are seeking attention will interpret a parent taking the time to talk to and punish them as a reward. Take turns sharing different things you notice about the food, no matter how minor the observations might seem." It ends with the Progressive Muscle Relaxation exercise, one you are probably familiar with if you've tried mindfulness. Healing Days (A Guide for Kids Who Have Experienced Trauma) - Susan Farber Straus Finally, the book Healing Days: A Guide for Kids Who Have Experienced Trauma provides children with a resource to help them through the coping process. What does it taste like? It can be an excellent tool for use in positive child therapy, as a complement to child therapy, or just to help children learn about gratitude. Child Therapy Books If a child is new to therapy or needs a little prompting to discuss some difficult issues, there are some great books you can show them or read with them to give them some encouragement. I am brave. Notice how the food looks, and how it smells. It covers some of the most common symptoms of trauma and depicts a friendly counselor who can help victims of trauma work through these symptoms. Everyday Health. Watching you grow up is the best. This game is a fun way for children to learn about the concept of self-control and an opportunity for them to build it through play (Hall, Kaduson, & Schaefer, 2002). Effective Child Therapy: They can focus on resolving conflict, understanding their own thoughts and feelings, and on thinking of new solutions to their daily problems. Next, the therapist will explain the rules: each person will place a block on top of the other person's block during their turn. Finally, the third page includes discussion cards labeled "My World," which include broader topics that help the family get to know each other better. Now, stop, and let your whole face relax. Talk about how common the issues they are experiencing may be. Question: What does your body feel like when you are worried? After a few days, most parents have cooled down, and they're tired of having a bored kid around the house, so they end the punishment early. From opening a bank account to insuring your family's home and belongings, it's important you know which options are right for you. How soon can we expect to see some changes? Grounding your child for a month is as much a punishment to you as it is to your child. Isolation Middle Adulthood: Care - Generativity vs. To find out how you can make your money go further, read our guides to finance in Germany. Professional Psychology: Research and Practice, 33, 515-522. How frequently will the therapist see my child? Hold onto the sand by squeezing even tighter. The way trusted adults interact with the child will encourage him or her to act independently or to develop a sense of guilt about any inappropriate actions. You can see it for yourself by clicking here. Play therapy is a good choice for younger children with emotional issues since they can act them out through toys or dolls (KidsMentalHealth, 2009). I can't think straight. With the stigma of mental health, nobody wants their child to "need therapy," which is unfortunate because therapy can change lives. Notice how good it feels to relax your hands. Encourage the child to try a new one if they find one of them isn't working. They will alternate turns, and at each turn, they will share something that makes them angry. Squeeze your toes as if you are trying to pick up sand between them. When the event has been fully detailed and is well understood by the therapist, they will encourage the child to tell the "second story." The second story is the same story about the traumatic event but focuses on the child's reaction to the event instead of the details of what happened. The therapist and client(s) can cover a wide variety of issues that include: Divorce or separation; Death of a loved one; Trauma; Bullying; Sexual abuse; Emotional abuse; Physical abuse; Family or child relocation; Substance abuse or addiction in the family; Mental illness, like depression, anxiety, and obsessive-compulsive disorder (TherapyTribe, 2018). First, the therapist will take a set of blocks (cardboard, wooden, or plastic) and divide them evenly between themselves and the child. I scoured the web for the best goal planners. It will lead them to identify the signs that the anger is rising and learn how to put a stop to it before it gets to the brim and starts to overflow. When is Child Therapy Effective? Click here if you'd like to give it a try with your children or your clients. Question: How can you tell when someone in your family is mad? Working with Children to Heal Interpersonal Trauma: The Power of Play - Eliana Gil & Lenore C. Click here to view or download the Anger Stop Signs worksheet. (Let's Talk About It!) is another excellent resource for helping children to learn about secrets and determine which secrets are okay (a surprise party or a birthday gift) and which are not (secrets that make them feel bad, like bullying or being touched inappropriately). This worksheet can be a great help for a child dealing with anger issues. The following are symptoms that may indicate a problem that therapy can correct or help with: Unwarranted aggression; Incontinence; Difficulty adjusting to social situations; Frequent nightmare and sleep difficulties; A sudden drop in grades at school; Persistent worry and anxiety; Withdrawing from activities they normally enjoy; Loss of appetite or dramatic weight loss/gain; Performing obsessive routines like hand washing; Expressing thoughts of suicide; Talking about voices they hear in their head; Social isolation and wanting to be alone; Alcohol or drug use; Increased physical complaints despite a normal, healthy physician's report; Self-harm such as cutting (TherapyTribe, 2018). Despair Based on these life stages, we know that it is common for children in early childhood to throw tantrums when they don't get their way; tantrums alone aren't reason enough to seek a therapist. Squeeze hard to get all the juice out. Let it go! Ask yourself: "Is this problem really that important right now?" In some cases, it's better to ignore bad behavior than to punish it. For example, this piece from Parenting.com lists the 10 things that you shouldn't say to your child. "Great job." "Practice makes perfect." "You're okay." "Hurry up!" "I'm on a diet." "We can't afford that." "Don't talk to strangers." "Be careful." "No dessert unless you finish your dinner." "Let me help." (Crouch, 2014) Another piece from Fatherly.com lists eight further things you shouldn't say: "Get it out of your system." "You're a bad kid." "... or else..." "Stop being



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