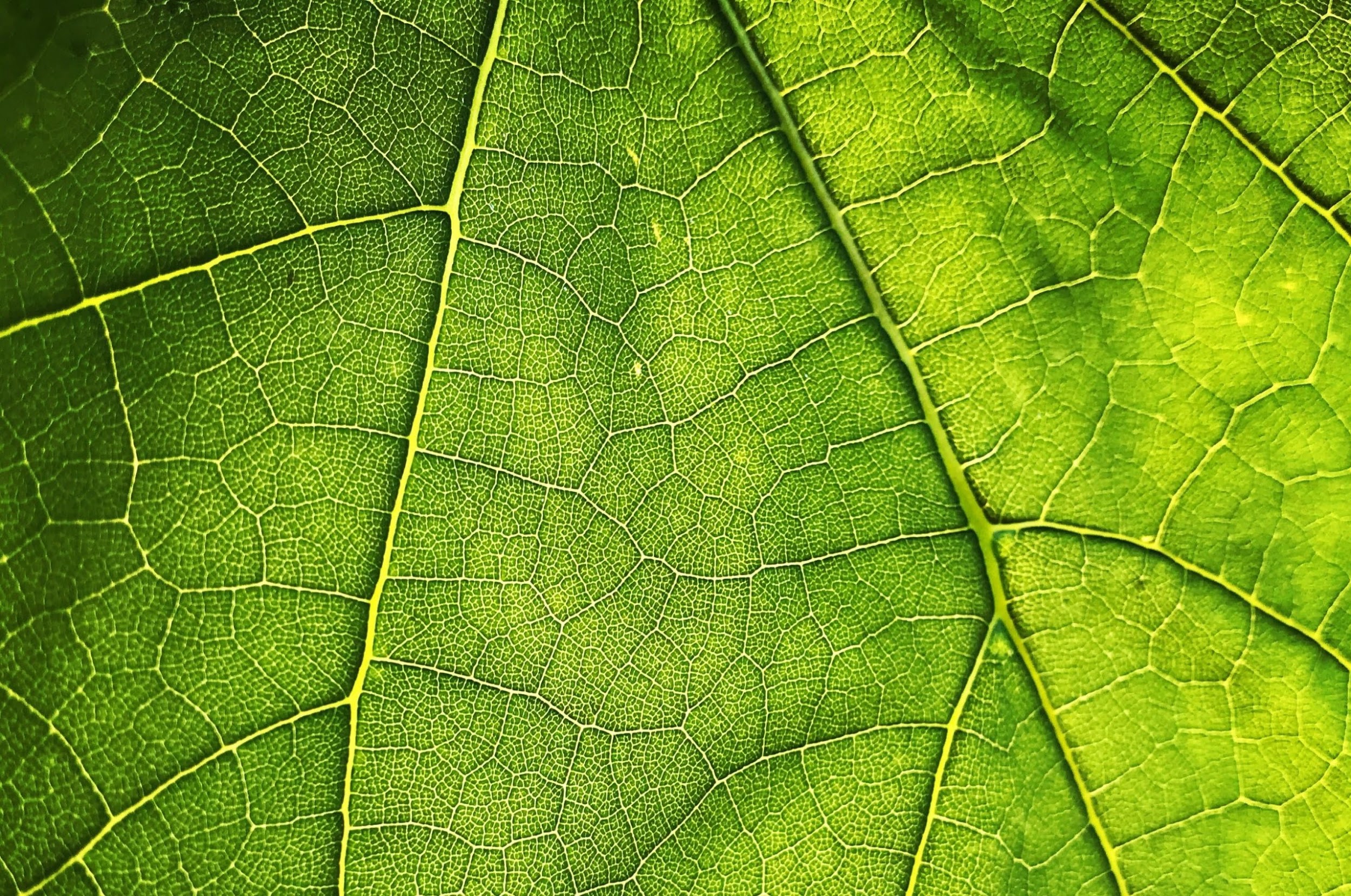
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**SELF -Learning activities**

**For Informal Carers**



***Recognition and acceptance of positive qualities***

Self-esteem can be nurtured by firmly recognizing what is good in us. This is problematic for many because negative thinking habits make it much easier to recognize what is wrong or inappropriate. And while it may be beneficial to see your own flaws or weaknesses, focusing primarily on them, while ignoring your strengths, is detrimental to your self-esteem.

This exercise helps you recognize and strengthen your own strengths. Self-appreciation is a form of showing yourself love. The technique was developed on the basis of studies by three Canadian scientists who managed to strengthen the self-esteem of the participants of the experiment in just a few weeks (Gauthier, Pellerin, and Renaud, 1983).

As part of your warm-up, highlight features that to some degree or may have applied to you.

|  |  |
| --- | --- |
| cleanliness |  |
| reliability |  |
| well read |  |
| punctuality |  |
| confidence |  |
| enthusiasm, passion |  |
| optimism |  |
| sense of humor, cheerfulness, amusing others |  |
| friendliness |  |
| gentleness |  |
| loyalty, devotion |  |
| credibility |  |
| trust, seeing good in others |  |
| the ability to love |  |
| strength, power, efficiency |  |
| determination, firmness, decisiveness |  |
| patience |  |
| rationality, reason, logic  intuition or instinct |  |
| creativity, imagination |  |
| compassion, kindness, caring |  |
| discipline |  |
| the ability to convince |  |
| talent |  |
| cheerfulness |  |
| sensitivity, consideration for others |  |
| generosity |  |
| appreciating others |  |
| respect, politeness |  |
| sensitivity to beauty and nature |  |
| following the rules, morality |  |
| diligence |  |
| responsibility |  |
| organization, order, neatness |  |
| sharing with others |  |
| being able to encourage or compliment others |  |
| attractiveness |  |
| attention to appearance |  |
| good physical condition |  |
| intelligence, insight |  |
| willingness to cooperate |  |
| the ability to forgive, to ignore mistakes and flaws |  |
| conciliation |  |
| calmness, composure |  |
| efficiency |  |
| openness |  |
| tact |  |
| spontaneity |  |
| flexibility, adaptability |  |
| energetic |  |
| expressiveness |  |
| tenderness |  |
| grace, dignity |  |
| lust for adventure |  |

In the list below, check the things that you sometimes do reasonably well.

|  |  |
| --- | --- |
| social life |  |
| listening |  |
| cooking |  |
| sport |  |
| cleaning |  |
| job |  |
| being a friend |  |
| playing an instrument or singing |  |
| learning |  |
| leading, instructing |  |
| organizing |  |
| decision-making |  |
| advising |  |
| helping |  |
| cheering, supporting |  |
| planning |  |
| adherence to recommendations |  |
| correcting errors |  |
| smiling |  |
| debating |  |
| mediation |  |
| storytelling |  |
| writing letters |  |
| thinking |  |
| asking for something |  |
| setting an example |  |
| being in a relationship |  |
| accepting criticism |  |
| risk taking |  |
| indulging in your hobby |  |
| spending planning |  |
| being a family member |  |

You don't need perfection to mark any of the things listed because no one does any of them either all the time or perfectly. However, if you have a few points marked and you manage to maintain relative sanity in our very complex world, then please congratulate yourself. Remember that it was just a warm-up. The exercise you do right now is extremely effective in building your self-esteem.

**Cognitive test - exercise**

1. Write down ten positive statements about yourself that are meaningful, true, and based on good judgment. You can use the terms from both of the above-mentioned lists, make up your own, or both. Here are some examples of sentences: "I am a loyal, responsible member of my family (team, club, etc.)", "I am clean and I like order", "I am an attentive listener". When identifying a role that you play well, try to add specific personal characteristics explaining why this is so. For example, instead of sticking to the frugal statement that you are a good manager, you might add that you judge the situation quickly, act decisively, and treat people with respect. Our roles may change over time, but our character and personality traits express themselves in the many roles we play in life.

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2. Find a place where you can relax and where no one will disturb you for fifteen or twenty minutes. Meditate on each of the ten statements, and the evidence that proves it, one or two at a time.

3. Repeat the exercise every day for ten days. Every day, add another statement (write them all on a piece of paper).

4. Look at the sentence added on a given day several times a day. For about two minutes, meditate on the evidence that proves its truthfulness.