

A MESSAGE FROM A GUARDIAN ANGEL

The activity refers to: MH NEETs.

4.1. Aim of the activity:

The activity aims to assist the person to identify her/his strong points, skills, competence and qualities. According to Yvonne Dolan (2000) – the author of this exercise, it “(...) is helpful for reclaiming and bolstering your self-confidence and courage”

4.2. Theoretical Framework:

The activity is based on Solution-Focused Brief Therapy – it was developed by Steve de Shazer and Insoo Kim Berg and their colleagues beginning in the late 1970s in Milwaukee. SFBT is future-focused, goal-directed, and focuses on solutions rather than on the problems that brought clients to seek therapy¹. According to Luc Isebaert (2016) SFBT “(...) like much of family therapy, emerged from a climate of theoretical and practical scepticism and intense interest in the mechanisms of therapeutic change. There was a growing disillusionment with psychodynamic therapy, and out of this dissatisfaction emerged a desire to find new ways of doing therapy in a less time-consuming manner”. While Yvonne Dolan (2000) points out that “The questions asked in Solution-Focused Therapy are positively directed and in a goal-oriented stance. The intention is to allow a perspective shift by guiding clients in the direction of hope and optimism to lead them to a path of positive change. Results and progress come from focusing on the changes that need to be made for goal attainment and increased well-being”².

4.3. Description:

¹ <https://solutionfocused.net/what-is-solution-focused-therapy/>

² <https://positivepsychology.com/solution-focused-therapy-techniques-worksheets/>

“Imagine that wise and compassionate guardian angel has been sitting on your shoulder since you were born. You have not been aware of this presence up until now because angels are weightless. The angel’s sole purpose has been to recognize and observe all of your positive personality strengths and virtuous beliefs about the world. This is not an angel in charge of producing self-criticism or blame!”³.

“For the next fifteen minutes, imagine that the angel is now dictating you a list of your positive attributes through you. Writing down whatever comes to mind, make a list of what you think that angel would say”⁴.

The list

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Next, read the list out loud and try to answer the following question:

- How do you feel knowing you have so many positive qualities?
- “Which personality traits do you value most and want to continue to influence your approach to life?”⁵

³ Dolan Y., 2000, One Small Step. Moving Beyond Trauma and Therapy to a Life of Joy, iUniverse,

⁴ Ibid.

⁵ Ibid.

- Which virtues or positive beliefs do you value most and want to continue to influence your approach to life?"⁶

You can also come back to it from time to time to remind yourself of your good qualities. You can also ask the guardian angel after some time if he noticed any of your new traits and add them to the list.

⁶ Ibid.

