

LIVING THROUGH LIFE EVENTS - SESSION 1

Welcome to Living through Life Events group

The group timing is 1 hour and 45 minutes on a weekly basis

This booklet is for you to keep, and accompanies the group sessions.

Please make this your own, by making notes where ever you wish to.

The facilitators of the group are

..... and

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Working Together

One of the most valuable things about these groups is the support that you can give to each other. To help everyone feel safe and comfortable, it is helpful for the group to agree some guidelines for the sessions. We will discuss and agree these as group, but here are some suggestions below:

- ~ Put mobile phones on silent, so they do not interrupt the group.
- ~ Respect other people's points of view.
- ~ Listen when others are talking.
- ~ Please try to be on time, but if you are late DO come and join us.

Other guidelines the group has agreed are:

- ~
- ~
- ~
- ~
- ~
- ~

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HUMAN BINGO

Complete the Bingo card below by talking to other people in the room and asking them questions to find people who fit the descriptions. Write the name of the person who fits this description in the box. When you have a name from an individual in a box do not ask them anymore questions move on to another person. When you have a completed the whole sheet with names shout "BINGO"

Vegetarian	Watch-wearer	Bicycle rider	Likes to Sing
Tea Drinker	Watches EastEnders	Football Fan	Someone who likes cooking
Parent	Likes to Dance	Someone who get up before 7am	Cat Lover
Car Driver	Someone wearing black socks	Curry Lover	Likes travelling abroad

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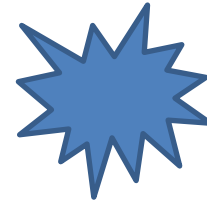
Living through Life Events

My fears about this group are:

My hopes about this group are:

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Inner Critic – we all have one



Its main job is to protect you from harm/ensure you are OK.

It is always there, acting from a point of fear. It talks all the time, mainly criticising things.

It makes itself sound like a big authority figure that needs to be obeyed. It is actually an emotion. (usually starts about the age of 6).

It will never go away, it is part of you.

Changing you relationship with your inner critic

Notice what is happening/what triggers the Inner Critic. What does it say to you?

Make the inner critic into an image, eg a monster, a fearful child, a cartoon character, which is often fearful and uncertain. Offer it acceptance from the adult part of you.

Is the noise the inner critic is making necessary? What is another way of looking at it?

Decide how you want to respond. Be compassionate to the part of you that is scared or not getting its way.

Notice when it shows up. **Notice** in what situations it shows up. **Notice** what phrases it uses. **Respond** with curiosity and compassion rather than judgement.

Draw a picture of your inner critic below. How would it be if you could now draw it in the corner or scribble all over it - make it disappear?

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Smart Goals

S specific M measurable A achievable R relevant T timely/target

Specific

Your goals need to be clear and detailed, not vague. Eg a vague goal would be 'being fit' whereas a clear specific goal would be 'I will work out at the local gym for at least 30 minutes three times a week at 7pm on Monday and Thursday and 10am on Saturdays'.

Ask yourself the following questions:

WHAT are you going to do?

WHERE are you going to do it?

WHEN are you going to do it?

WITH WHOM are you going to do it?

HOW are you going to do it?

Measurable

Make the goal specific means that it should be easy to measure. The above example above, 'I will work out at the gym at least 30 minutes, three times a week' is measurable. You can record the number of times you went to the gym in one week, and also how long you worked out for each time. It would be hard to measure a vague goal like 'being fit'.

Achievable

Try to set goals that are within your reach. If you set yourself really hard goals and do not achieve it, it can make you feel bad and you may want to give up. Make your first goal quite easy to achieve and it can give your self-confidence a boost.

Relevant

Is this an important goal for you? Is it a behaviour that you really want to change? You are much more likely to succeed in reaching your goals, if you can see the important difference the relevance of the change you want to make.

Timely/target

Is this the right time to try to achieve this goal? Give yourself a set amount of time in which to complete your goal. If your goal is more than a week, break it down to 'mini-goals' so that you can achieve something each week.

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MY SMART GOALS

Short-term goal – over the next 2 weeks

Medium-term Goal – by the end of the course.

Long-term Goal - by the end of the year.

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My thoughts and feelings - Session 1.