

Smart Social Skills Course:

Week 11 Worksheet

Exercise 1: My strengths and weaknesses

Below you'll find some important parts of your self-image. In each section you simply describe yourself and put those words in the strength column (marked by a +) or the weakness column (marked by a -). Try to be as specific as you can. You don't have to use all the space in the sections. Write as much as you like.

After you are done with this, continue to the next exercise in this worksheet.
This exercise is divided into 5 categories with a few subsections for some categories.

1. Physically (your appearance and your health).
2. Mentally
3. Work (at your job/in school and at home and with everyday activities)
4. Socially (how you relate to others, your personality and how you think others see you)
5. Sexuality

Three examples for how your descriptions could look:

Appearance	+ Flat stomach, my blue eyes	- Fat butt, thin hair, odd shaped ears
Mentally	+ Creative, curious	- Lazy thinker, suck at debating
Relate to others	+ Open, good listener	- Unassertive, shy, often boring

+

-

1a. Appearance		

1b. Health	+	-

2. Mentally	+	-

3a. At my job/ in school	+	-

3b. Everyday activities and tasks at home	+	-

4a. How I relate to other people	+	-

4b. My personality	+	-

4c. How I think others see me	+	-

5. Sexuality	+	-

Exercise 2: Rewrite your weakness by using a more balanced and constructive language.

Look at the weaknesses you wrote down. Now I want you to rewrite them with a more balanced and constructive language.

Follow these guidelines when you rewrite the weaknesses to make them more factual and specific:

1. Rewrite exaggerations with more accurate and constructive descriptions. Don't drag yourself down and exaggerate on the negative. Be more accurate. Do you suck all time at Spanish classes? Or do you have trouble with the grammar occasionally?

Are you actually nervous in all social situations? Or does it mostly happen at work? Be accurate and fair in how you see your weakness as you rewrite.

2. Rewrite negative words that put you down with more accurate descriptions. Words like fat, ugly, stupid etc hurt your self-esteem when you use them over and over and over in your mind. Rewrite fat belly as, for example, "a 38-inch waist". Rewrite stupid in school with something like "perform badly quite often during math tests".

3. Find exceptions to your weaknesses. Do you never take the initiative socially? Or do you perhaps do it with your family or friends but rarely at work? Avoid using words like always, never, everything etc in your descriptions of yourself because that can paint over the more accurate picture of you. Try to find exceptions to the weaknesses you find, find some time when you don't do what you wrote as a weakness. Find the more accurate picture of yourself and your weaknesses.

This will not only help you to appreciate yourself and raise your self-esteem because now you see that things aren't as bad as you may have thought. It will also help you too find more specific weaknesses that you can improve on a bit.

So be as accurate as you can and try to be constructive about those accurate, factual weakspots (that may often be smaller than you first thought as I showed in the examples on the previous page). Narrowing it all down to your smaller, factual problem instead of some big, unpleasant, generalized image you have in your head will help you to improve on your specific problems during this week and for the rest of your life.

Now, use the space on the following pages or your pen and paper and rewrite your weaknesses by using the three guidelines I listed.

Exercise 3: Go through at your strengths and more accurate weaknesses each morning this week.

Fold the pages from exercise 1 so you only see your strengths and not your weaknesses.

Then grab the pages with the rewritten weaknesses and look at them side by side. See the whole, more balanced picture. Read it through.

Reread this list of strengths and more accurate weaknesses every morning this week to get the new image of yourself into your mind. Feel free to rewrite the list so you have the strengths and rewritten weaknesses on the same papers.