

## **Toolkit 1 - Learning Unit 3**

### **Post-intervention**

#### **Activity 4**

### **Risk awareness and responsibility: Taking ownership of protective measures to address soft skills**



Exercise

**Uncertainty of the sense of ability to take care of and protect oneself and others**

**4. Has a past negative experience contributed to the risk of insecurity to take care of oneself and others?**



**YES**

#### **Activity 4**

A) Discussion (in pairs or reflect on it by yourself) on the following topics and how these topics could add to the sense that the person is not able to take care of themselves and others:

#### **Life problems/symptoms**

- Feelings of being overwhelmed
- Feeling overly responsible for the problems of others. The person feels that they have to help everyone and take care of their needs with all their strength. The main rule in the family is to sacrifice everything for others. They are afraid of being blamed for someone else's misfortune.
- They have the idea that they have to do everything at 100% of their ability.

### **Feeling insecure in general**

- They are not confident in their decision making. In childhood, even their rational decisions were labelled as a consequence of their “illness”.
- They do not know what they can demand from a partner. In childhood, they listened to being able to “ruin” someone's life.
- They attribute their successes to other people or to chance.

### **Parental modes**

- Demanding parent.
- Setting high standards, dissatisfaction with one's own performance. Excessive standards scheme is activated.
- Demanding Critic Mode (DCM) - Exerts pressure in order to achieve excessively high standards.
- Feels it is right to be perfect and perform at a very high level, get everything right, strive for a high status, be as efficient as possible and not waste time.
- Can be oriented to self as well as oriented towards others.

B) Activity:

### **Mode production and agreement with the mode.**

Make your own modes (you can look at <http://www.schematherapy.com/id72.htm> for different modes). Your modes could be represented by some kind of animal (e.g., lion). You can be creative; you can draw your modes or you can use some toys. Try to make an agreement with your modes. Make an agreement with your modes that if you are in a situation where you will need to take care of oneself and/or others, your unhealthy modes will ask for help your healthy modes that came to help. For example, if you are not sure that you can take care of oneself and others, your healthy careful mode (e.g., represented by an elephant) will help to make you feel more competent.