

Making changes

What do you think you need to change about yourself? What do others think? Examine the chart below, trying to identify others' view. Can you clarify their real feelings about you? How do they make you feel?

Self	Parent/carer
I would change	They would want me to change
Why?	Why?
How would I feel if I made this change?	How would they feel if I made this change?
	How would I feel?
Form tutor	Close friend
They would want me to change	They would want me to change
Why?	Why?
How would they feel if I made this change?	How would they feel if I made this change?
How would I feel?	How would I feel?

Stop to think ...

What are the differences in your views? Do you have the same goals? Should you? Does this make you feel comfortable or uncomfortable?

Discuss with a partner.



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