

TEENCARE

SESSION

4.

-Discussion Question #4

#4. "I choose to take responsibility for my thoughts, feelings and actions. I want to learn how to stand up for myself".

Share with your group the picture that best represents the way you feel about yourself.

- Think of the various ways that you can take responsibility for your thoughts, feelings, and actions.

👉 Share some of these with your group.

- Think of the best way to stand up for yourself against certain situations such as:

- 1) a friend offering you drugs.
- 2) pressure from a boyfriend/girlfriend to have sex.
- 3) pressure to steal from a store
- 4) a friend talks about others in a negative fashion because they look or dress differently.

5) pressure to drink.

6) pressure to cheat on a test.

- If in any of the above situations you could not think of a way to take responsibility for your actions, then discuss it with the group. Find a way to take responsibility.
- So often I see other kids at school not being able to stand up for themselves because they will be called nerds or geeks, outcasts --that would be the worst thing to be called. Why do you feel that way?
- I am totally responsible for my feelings and so in order for me to feel I have to use the words to describe what I am feeling at any particular time.
- In our American culture we believe that for young girls, thinner and prettier is the object of life --to be both is to win the prize --but don't we do this at the price of losing oneself and one's identity?

👉 Please share your thoughts on this subject.

- How are you taking responsibility for your own feelings today? Do you find yourself wanting to blame your parents, teachers, the government for your problems today.

👉 Please share your comments with your group.

- List the different ways that you want to stand up for yourself today so that you may be your own person

- 1.
- 2.
- 3.

☞ Share one of these with the group.

- Words are important. Talk about and write down two words that best describe you as a person. For example, “Leader.”

- 1.
- 2.

- Talk about the words that you use in your own mind day after day that cause you to feel hopeful about your day and your future?

☞ Share these with the group.

- PRETEND you are the owner and manufacturer of a new sports shoe. What one word would you call it that would best describe your values? For example “trustworthy.”

☞ Share this with the group.

- How do you feel about the expression “To get along is to go along.”

☞ Share your feelings about this with the group.

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For next weeks project bring to the session a picture that shows you doing something that indicates that you are acting responsible.