

# The Heart Of The Matter

**Jealousy:**

**Misperceptions:**

**Past Hurts:**

**Learned behaviors:**

**Assumptions:**



## STRATEGY 6

### *What's in your closet?*

• **Overview:**

Often children/adolescents hide emotions they do not want anyone to see. Help C/A learn how to express these emotions appropriately so she is not "hiding" in the closet.

• **Materials Needed:**

- Closet worksheet on the following page
- Pens, colored pencils, crayons or markers

• **Procedure:**

Have the C/A write emotion words in her closet related to how she feels about school, friends, peers, cliques, relationships etc. The closet should include both pleasant and unpleasant emotions.

• **Follow Up:**

Explore with the C/A any emotions that she may be hiding inside that she doesn't want anyone to see. Discuss with the C/A any barriers she has in expressing her emotions. Help C/A learn how to express these emotions appropriately so she is not "hiding" in the closet. Help the C/A identify people with whom she feels safe in sharing her emotions.





# STRATEGY 14

## Mirror Mirror

• **Overview:**  
The reflection of what others see may not be the actual image of who we are.

• **Materials Needed:**

- Mirror Mirror Worksheet
- Pens, pencils

• **Procedure:**  
Using the Mirror Mirror worksheet help the C/A gain insight into what she thinks she shows others versus what may be her true reflection.

On the left mirror have C/A list characteristics about herself and who she thinks she is. Then on the right mirror, have the C/A list what she thinks others see in her.

• **Follow Up:**

Discuss with the C/A what she discovered in her "reflection." Do others see what is really there? Why or why not? Is she allowing her true self to be reflected? Why is trust important in revealing our true self? What are possible barriers in showing our "true" selves?

# Mirror Mirror

What I Show Others....

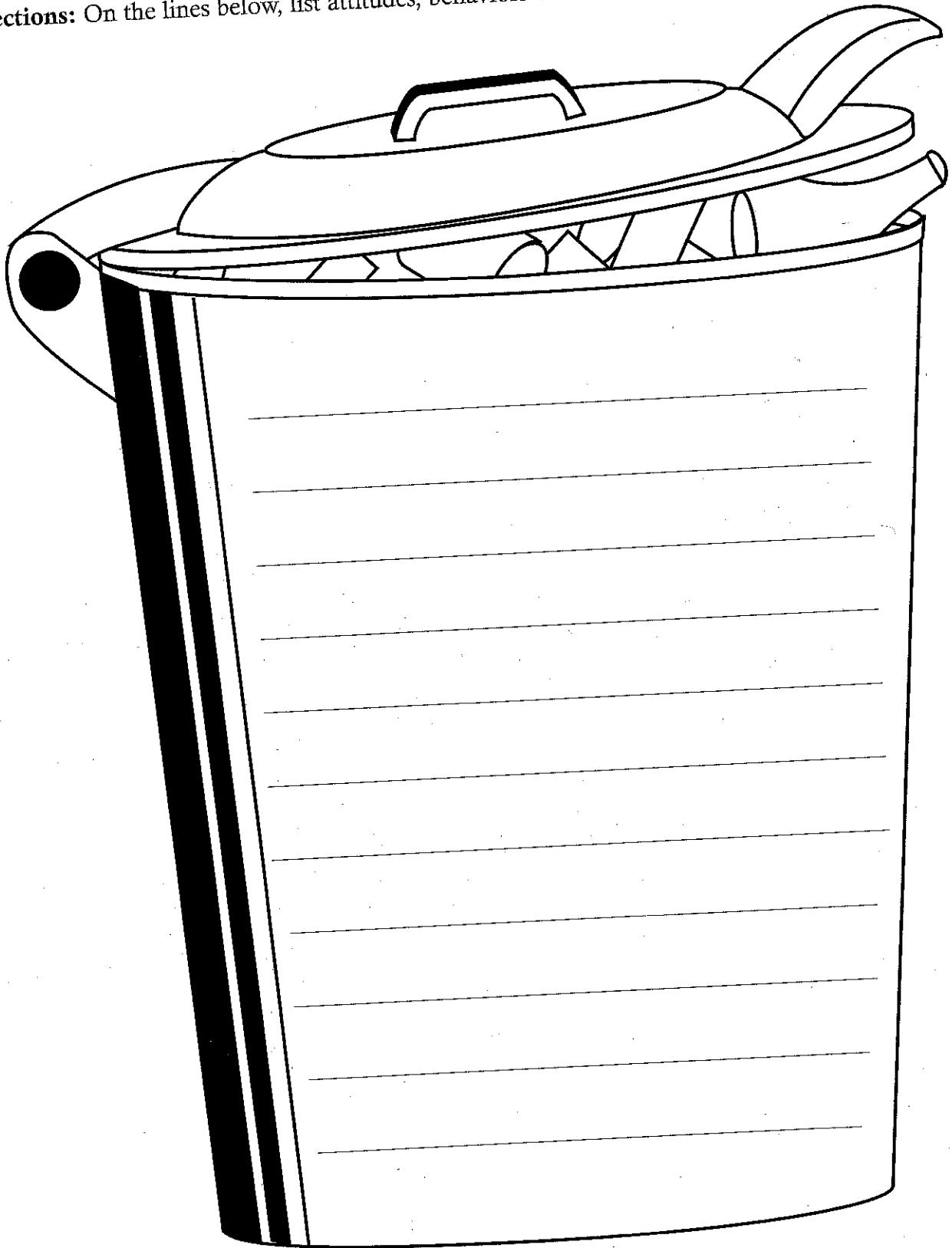
What Others See....

A large, vertically oriented, arched mirror frame with a double-line border. Inside the frame are ten horizontal lines for writing.

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# Garbage In/Garbage Out

Directions: On the lines below, list attitudes, behaviors or situations that you would like to throw away.



# Garbage In / Garbage Out

**Overview:**

We have all done or said things we wish we had not. We may say things we do not mean, exclude someone from the group, or stand by and laugh as someone is being picked on.

**Materials Needed:**

- Garbage In / Garbage Out Worksheet
- Pens, pencils

**Procedure:**

Have C/A list on the garbage can worksheet things they want to throw away (attitudes, behaviors, or certain situations). They can throw away regrets they may have or feelings related to being hurt by others.

**Follow Up:**

- Help them identify why they would throw these things away.
- Explore how they would respond differently if they had an opportunity to do so.
- List three ways they could make better choices in the future.