Title: Refocusing Your Attitude

Exercise Code: SLINTEGRA037

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| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies | Small group  Large group | 45 min |

**Purpose:**

* To teach participants to focus their thinking on solving a problem rather than on blaming other people for the problem.
* To develop social problem solving skills and positive thinking
* To learn how to distinguish between a statement in the form of a complaint and a statement that is positive (positive statement)
* To strengthen healthy, functional communication

**Description:**

Ask the group, *“On a scale of 1 to 10, with 1 equaling no problems and 10 equaling many problems, where do you rate yourself?”* Ask the “ones” to raise their hands, then the “twos,” and so on.

Tell them: “*There are people who feel that they have a lot of problems and people who feel that they don’t have many serious problems at all. How people see themselves depends a lot on their attitude. Of course, some people really do have serious problems, like health issues, or family problems, or learning problems. But even with serious problems, a positive attitude makes finding a solution much easier. Everyone can learn to have a more positive, solution-focused attitude about their problems. It helps if you don’t feel sorry for yourself and you don’t blame others.”*

Read this example to the group:

**Complaint:** This project is really demanding. I work overtime but I still have the feeling that the work keeps piling up.

**Positive statement:** The project is extensive but is full of new challenges for the whole team and I believe that when we do the work and finish the project, we will be very happy and satisfied.

Then, ask for volunteers to turn the complaints into more positive statements.

The group may suggest additional complaints that they can turn into positive statements.

**Material:**

Paper, pencil

**Methods:**

Experiental learning

The work method is in the form of description and explanation accompanied by the explanation of the trainer of what it means to have a problem, and how the perception of a problem depends on one’s own perception and the awareness of the situation. With this method the exercise is accompanied with a practical component, where participants must to transform NEGATIVE sentences into POSITIVE Statements. By adding one’s own examples that need to be transformed into positive statements, participants develop and conquer constructive expression and communication.

**Advice for Trainer:**

The trainers should leave enough room for all the participants to express themselves. Each member of the group has their own way of expressing and sharing experiences. That is why it is good that the trainers devote to this segment of the exercise much attention.

**Source/Literature:**

Adapted from “101 ways to teach children social skills: a ready-to-use, reproducible activity book”, E. Shapiro, Lawrence. 2004

**Handouts:**

Handout Refocusing Your Attitude