Title: Self-talk

Exercise Code: SLINTEGRA039

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| Modules: | Group size: | Duration: |
| 1. Social Learning  3. Personal Integrity | Individual  Small group | 30 min |

# Purpose:

* To improve the ability to listen to your own feelings
* To recognize how you react in specific situation and which emotions are the most expressed
* To build social and emotional intelligence
* To recognise self-talk and how it affects emotions and the perception of oneself
* To improve the awareness of one’s own inner experience

# Description:

Participants find a quiet room where they can think about and search their own emotions without outside distractions. They fill in the form in the handout. After they have written down the emotions, the trainer can encourage them to share the content of what they wrote and thus opening up the possibility of sharing their own feelings and experiences.

# Material:

A quiet room, paper, pencil

# Method:

Experiental learning

# Advice for Trainer:

The trainers should make sure that the participants have enough time and a suitable space to do the exercise.

# Source/Literature:

INTEGRA INŠTITUT, Inštitut za razvoj človeških virov

# Handouts:

Self talk