Self Improvement

Activity One – What are your strengths and weaknesses? What would you like to change about yourself?

Circle the words, which describe the strengths and weaknesses in your personality.

Patient	Modest	Impatient
Affectionate	Sensible	Selfish
Caring	Sensitive	Cold
Generous	Intelligent	Unfriendly
Friendly	Showy	Shy
Sociable	Bossy	Uncaring

List any other strengths our weaknesses you have……

Activity Two - Describe what you would like to change about yourself and what your strengths are based on your notes from above. Here are some example sentences:

- I think that I am sometimes a little…
- I think that I am a bit too…
- I would like to be more…
- I think I can say that I am quite a. person.
- People say that I am….
- I think that I am…
- It wouldn't do me any harm to…
- I should probably… once in a while.
- I should really try to…
- I know that I should…
- If I am honest, I should….
- In all honestly…
- I get the feeling that….



Activity Three **Discussion.**

1. Have you ever heard the expression 'self help'?
2. Are you familiar with the idea of 'self-growth'?
3. Do you know what a 'self help' group is?
4. Do you know of any support groups or self help groups in your area?
5. Do you belong to one?
6. Have you ever been to a meeting?
7. What are some famous or well know ones?
8. Do you think these groups are a good idea?
9. Are you comfortable discussing your feelings in public?
10. Do you think you would join a group if you had a problem?

Activity Four – read the article from Wikepedia. Concentrate on your pronunciation and intonation.

Self-help

Self-help, or self-improvement, is a self-guided improvement, intellectually, or emotionally—often with a substantial psychological basis. There are many different self-help movements and each has its own focus, techniques, associated beliefs, proponents and in some cases, leaders. 'Self-help culture. Particularly 'Twelve-Step' culture, has provided new language: recovery, dysfunctional families, and, of course, 'co-dependency'.

Self-help often utilizes publicly available information or support groups where people in similar situations join together. The connotations of the phrase have spread and often apply particularly to education, business, psychology and psychotherapy, commonly distributed through the popular genre of self-help books. According to the APA Dictionary of Psychology, potential benefits of self-help groups that professionals may not be able to provide include friendship, emotional support, experiential knowledge, identity, meaningful roles, and a sense of belonging.

Groups associated with health conditions may consist of patients and caregivers. As well as featuring long-time members sharing experiences, these health groups can become lobby groups and clearing-houses for educational material. Those who help themselves by learning about health problems can be said to exemplify self-help, while self-help groups can be seen more as peer-to-peer support.

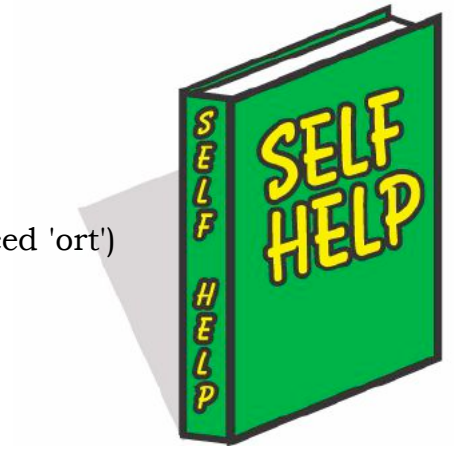
Activity Five – with your partner think up some unusual types of self-help groups… (For example support group for people who watch too much TV…)

Present your ideas to the group.
Describe the aim of your group, the type of people concerned, the objectives and events the group organizes. Write a brief press release about its launch event. Remember in a press release you need to include – What, When, Why, Where, at the start.
Now see the experts doing the same thing: http://www.youtube.com/watch?v=1K4rX5Cy_xc Worlds Worst Self Help Videos – Whose Line Is It Anyway.

Activity Six

Watch the video and see what you think about the techniques used in Fat Fighters in Little Britain.
http://www.youtube.com/watch?v=DlhFZrGfdJQ&feature=related

Activity Seven – **Giving Advice in English**



- "If I were you, I would…"
- "Have you thought about…"
- "You really ought to…" ('ought' is pronounced 'ort')
- "Why don't you…"
- "In your position, I would…"
- "You should perhaps…"
- "You could always…"

Activity Eight – **Our Self Help Group.**

Let's say we are all members of a self-help group for people who are dealing with anger management issues.

Each of you will play a role, tell your story and ask for advice from everyone else in the class. You can think up your own or use one of these ideas;

1. You got so angry with someone driving slowly in front of you that you purposefully rammed into their car and then drove off at high speed!

2. You got so frustrated about the traffic that you ran two red lights.

3. You irritated with your girlfriend, who was talking about shopping and other uninteresting things. You took all her clothes and threw them out of the door and told her to leave.

4. You went crazy in the supermarket when the queue was too long and you turned your trolley upside down, threw some eggs at the cashier and ran off screaming!

5. You work in a doctors office as a receptionist and one day you were not feeling very patient and you were rude to all of the patients, you told people they were old, ugly or that they stank. You lost your job as a result.

6. You find your husbands habits so annoying that you feel like strangling him. You keep on having murderous thoughts.

7. You get so angry with your staff being incompetent that you spend all day shouting and them and they are all terrified of you. Every week someone else hands in their resignation.

8. You are a teacher but just can't keep your temper under control when the kids misbehave. You are scared that you are really going to do something stupid one of these days.