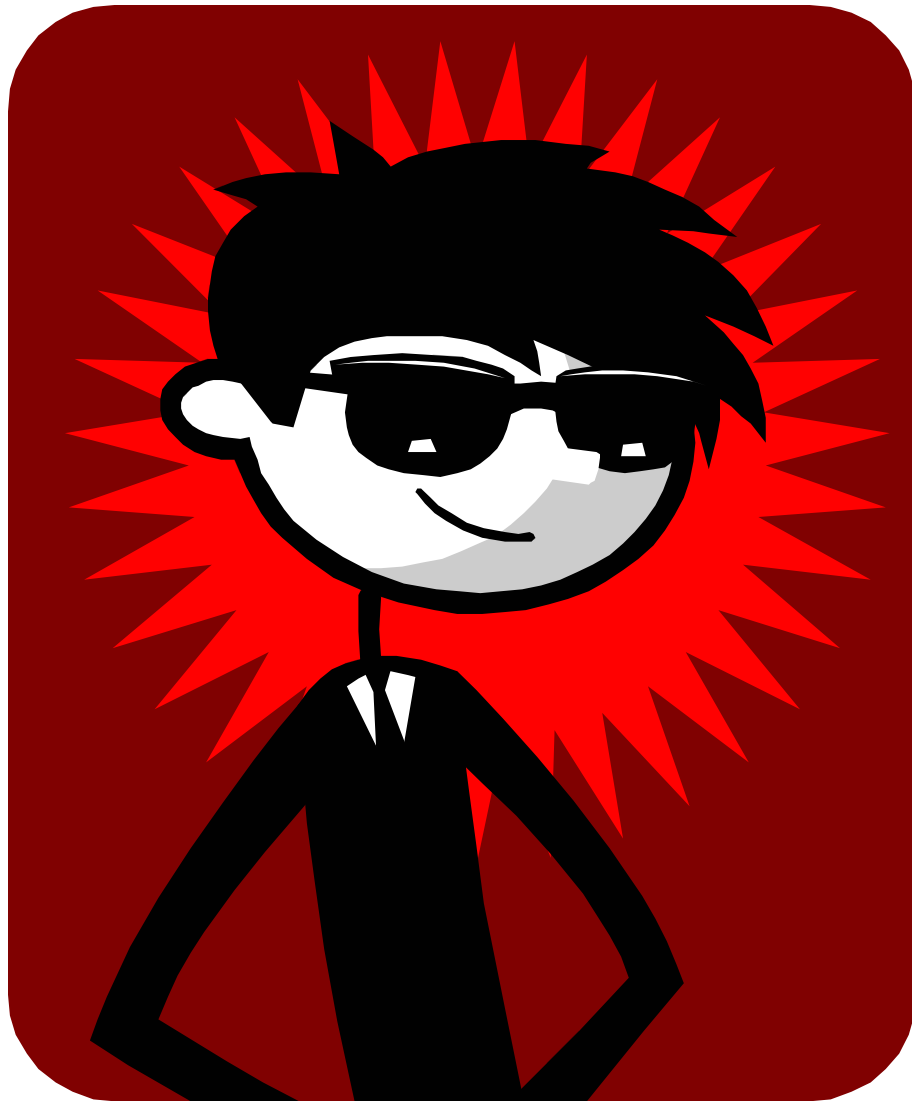


Avoiding

Self-Defeating



Behaviors

Avoiding Self-Defeating Behaviors

This may cause one to be a victim of bullying

ACHIEVING SELF-WORTH

Identify Problem: There are negative (self-defeating) behaviors which may make an individual a target for bullying. If you wish to increase your self-worth, then you must choose the best behaviors possible ways to do that.

Exercise: Getting to Know Yourself Worksheet (see attached)

Identify Skills:

- Students will understand that self-defeating behaviors can make them a target for bullying.
- Students will learn to recognize and avoid negative self-defeating behaviors.
- Students will learn to replace negative behaviors with positive behaviors which build confidence and self-esteem.

Source: Teresa Willie

GETTING TO KNOW YOURSELF

What are your negative (self-defeating) behaviors? List five and be specific.

- 1.
- 2.
- 3.
- 4.
- 5.

What positive (self-building) behaviors can you use to replace the negative ones? List five and be specific.

- 1.
- 2.
- 3.
- 4.
- 5.

List ten qualities you admire in other people.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

List your five best qualities.

- 1.
- 2.
- 3.
- 4.
- 5.

List five things that you would like to change about yourself.

- 1.
- 2.
- 3.
- 4.
- 5.

What's your plan? List five ways you can change what you would like to change. Be specific.

- 1.
- 2.
- 3.
- 4.
- 5.