

# Session 4

## Parrots of perception – the negative ones

### GOALS OF THIS SESSION

By the end of this session, you should be able to:

- Identify character strengths in yourself and someone else
- Understand that our perception (the **P** of **SPARK**) affects the way we interpret a situation
- Identify some common ways we interpret situations negatively

### Resilience gym: My strengths

- Working with a partner, look at the ‘Strengths’ sheet on the next page.
- Look at the strengths that are listed and tick at least two you think you have. Give an example of a time you used that strength recently.
- Look at the strengths again and choose one you see in the person you are working with right now. Explain why and give a recent example of that strength showing in that person.
- Add your new strengths to the ‘I am’ section of your Resilience Portfolio.

### Suggestion for further developing the ‘I am’ resilience muscle:

- Choose one strength that you want to use more during that week and how you want to use it. Write it down here:

This week I will use my strength of \_\_\_\_\_

to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# My Strengths: I am...



## BRAVE

I do what I believe is right and try to deal with problems, difficult situations and pain, even if I am afraid or worried.

My example:



## CAUTIOUS

I am careful and don't take unnecessary risks.

My example:



## CREATIVE

I have lots of good ideas.

My example:



## CURIOUS

I like exploring new ideas, finding out about things and having new experiences.

My example:



## ENTHUSIASTIC

I live my life with energy and excitement.

My example:



## FAIR

I treat everyone equally and don't discriminate against others.

My example:



## FORGIVING

I forgive others when they upset me or behave badly towards me; I don't hold grudges.

My example:



## GRATEFUL

I am grateful for many things in my life and I express my thanks to people.

My example:



## HONEST

I tell the truth to myself and others, and take responsibility for what I do.

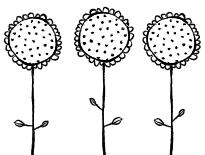
My example:



## HOPEFUL

I am optimistic, concentrating on the good things and confident I can reach my goals.

My example:



## HUMBLE

I know my own talents, but I don't try to be the centre of attention and get all the recognition.

My example:



**HUMOROUS**

I make others laugh and can find the funny side, even in difficult situations.

My example:



**KEEN TO LEARN**

I love learning new things and mastering new skills.

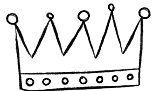
My example:



**KIND**

I am helpful and caring to others, and do nice things for them without expecting favours in return.

My example:



**LEADER**

I can lead a group successfully, and help people in the group get on with each other.

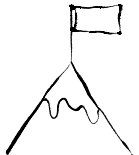
My example:



**LOVING**

I have close, loving relationships that involve both giving and receiving love.

My example:



**PERSEVERING**

I stick at tasks and see them through to the end, even if they are difficult.

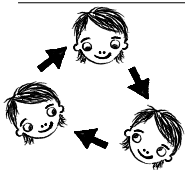
My example:



**SELF-CONTROLLED**

I can manage my feelings and actions and don't let them control me.

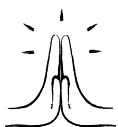
My example:



**SOCIALLY INTELLIGENT**

I can fit easily into different social situations and understand what makes people tick.

My example:



**SPIRITUAL**

I have beliefs about the universe and life that give me meaning and purpose.

My example:



**TEAM PLAYER**

I am good at working with others and contributing to team efforts.

My example:



**WISE**

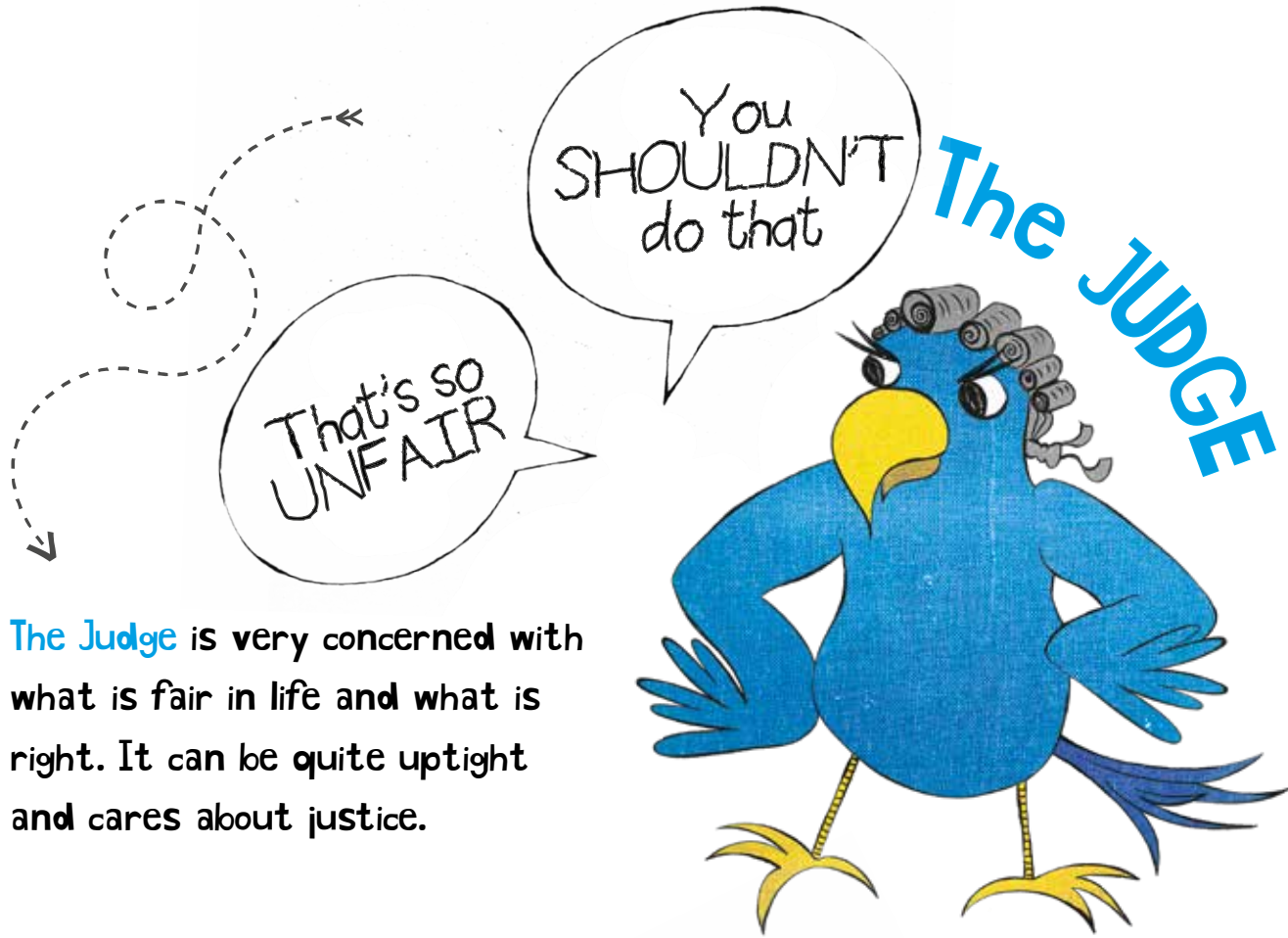
I can make sense of things and give good advice to others.

My example:

# Our negative parrots



**The Blamer** spends its time blaming other people, and also itself sometimes, for the situation.

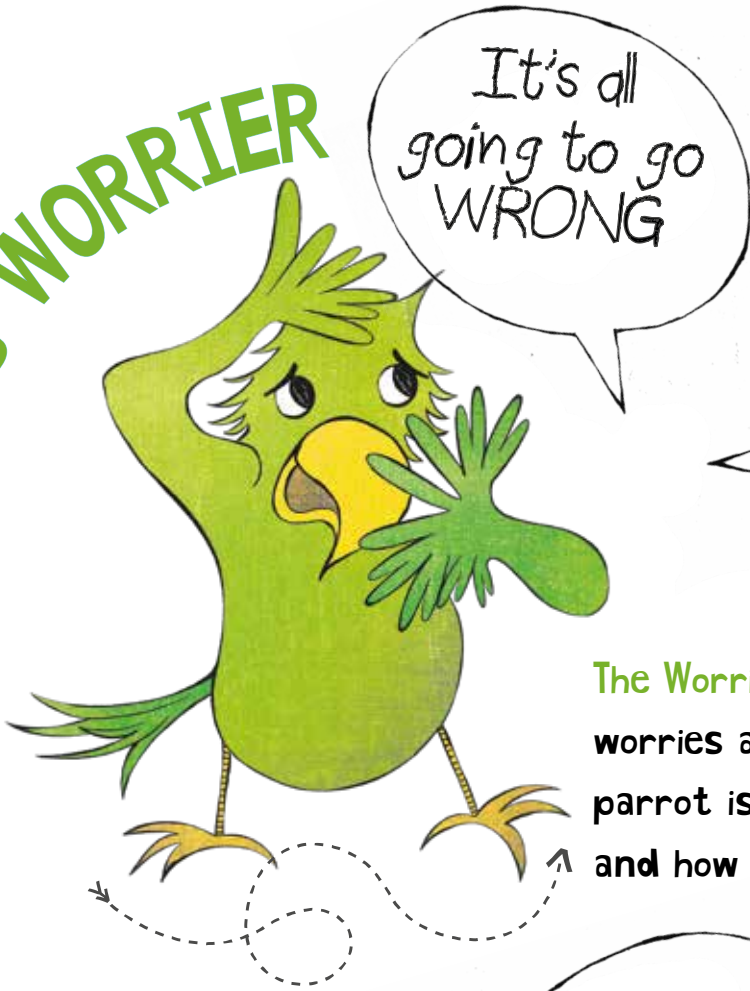


**The Judge** is very concerned with what is fair in life and what is right. It can be quite uptight and cares about justice.



**The Loser** believes that everyone else is better at everything. It doesn't like putting itself forwards and does not feel it is as good as other people.

# The WORRIER



The Worrier - not surprisingly - worries about everything! This parrot is worried about the future and how things might go wrong.

# The WHATEVER



The Whatever doesn't really care about much. Sometimes it's over-optimistic (and thinks it will all turn out OK) and sometimes it's a 'drop out' (who doesn't care how it turns out). Either way, the Whatever is not really interested in the future.

# PRACTICE AT HOME

## The parrot on my shoulder

- Between now and the next SPARK session, try and listen out for the negative parrot(s) 'talking' in your ear. Are there any that are there more often than others?
- If you notice one of them on your shoulder, write down:

**S** What happened?

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**A** How did you feel?

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Which parrot(s) was it and what did they say to make you feel like that? \_\_\_\_\_

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