Part I: ATTITUDE

LEARNING POINTS

• Attitude affects everything else in life.
• Even the most negative self-attitudes can be conquered by recognizing and capitalizing on inner strengths.
• Change is inevitable and difficult, but possible.
• Reactions to stress vary as much as skills used to cope with the stressors.
• Availability of resources can be influenced by attitude.
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### PART I MATERIALS NOT INCLUDED

- **The Little Engine That Could™** story  
  (For Section E.2, Activity 8, pg. 15)
- Balloons  
  (For Section G.1, Activity 12, pg. 20)
- Flip chart and markers  
  (For Section G.1, Activity 13, pg. 21)
- Stairway to Relaxation  
  (For Section G.2, Activity 14, pg. 22)
- Our Town  
  (For Section H.2, Activity 16, pg. 24)
- List of community resources  
  (For Section H.2, pg. 24)
A well person feels good about himself and about relationships with other people. He looks at life optimistically most of the time. His behavior reflects self-respect and respect for others. He is confident, able to take risks, and can laugh at himself. Wellness is a personal decision.
1. Ouch! That hurts!

Moving from low to high self-esteem is not an easy task. It requires a change in the way we think and the way we act. And change is not something we do well. Sydney Harris says, “Our dilemma is that we hate change and love it at the same time; what we want is for things to remain the same but get better.”

**Discussion**

*Ask: Do we really want things to change?*

The first thing we must remember in our progression towards a higher self-concept is that we cannot change the past. While being called “stupid” or “ugly” or “lazy” in our youth probably still hurts, there is nothing we can do to make it any different. (*Parents, please keep this in mind when dealing with your own children.*)

What we can change is our own perception about ourselves today and everyday in our future.

**Activity 3**

**TALES FROM THE CRIB . . . AND MORE:**

*Attitude (Addenda)-5 & 6*

1. Pick 3 or 4 phrases ahead of time from *Attitude (Addendum)-5* to use in this activity.
2. Copy *Attitude (Addendum)-6* and distribute.
3. Read selected phrases one at a time from *Attitude (Addendum)-5*. In “What I Heard” column, have participants write a word or two about what they remember hearing about themselves as children or young adults regarding each phrase. In the other column ask them to write what was “The Truth.” Example: Item #4, *Attitude (Addendum)-5*, “My behavior.” What I heard: I was lazy. The Truth: I was overwhelmed by schoolwork.
4. Discuss.