

PERSONAL POWER & SELF-ESTEEM GROWTH GOAL CONTRACT

To build my personal power and self-esteem, I will:

I will work on this goal during this period of time:

From: _____ To: _____

I will evaluate and record my progress on the chart below.

I am committed to this growth goal.

Student Signature

Date

Daily Goals Chart

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Eddy Takes Control

Eddy was never happy with himself. Wherever he went, he looked at how other guys his age dressed and acted. He was a good hitter on the baseball team but that still didn't satisfy him. Eddy compared himself to the other team members and never felt he was as good as they were. Instead of making him work harder, these feelings caused him to feel depressed. The longer he felt depressed and discouraged, the worse his hitting became.

Eddy compared himself to others at home and at school, too. In his opinion, Amber, his younger sister, received all of the attention from his parents. She was only five, but he felt that all she had to do was cry and they gave her what she wanted.

At school Eddy also felt a step behind the others. He didn't feel his clothes were as nice, his hair cut was out of style and the list went on. Eddy spent a large amount of time comparing himself with others, thinking he was not as good and feeling down.

When Eddy started thinking about a behavior he could change, he became aware of his "comparing" behavior. With the help of his teacher and work group, Eddy wrote a personal growth goal about this behavior. It wasn't easy for him to look at his behavior and admit to himself that he needed to change.

Once Eddy wrote his goal, he began to notice each time he was comparing himself with someone. As he noticed the behavior, he would stop and say to himself, "that's interesting," or "I wonder why I'm thinking about that." Then he would drop the thought.



Eddy Takes Control

Page 2

He also learned not to say things like, "There I go again, I'll never learn to stop comparing." He did not punish himself for thinking negatively. Instead, when he noticed these thoughts, he would stop himself and think about something else.



After several weeks, Eddy had cut down on comparing himself to others and was beginning to feel better about himself. After working on his growth goal for two months, his hitting improved and he went out on a date. By this time, Eddy felt happier than ever before! He seldom thought about comparing himself with others. He even started having fun with his little sister.

Directions: Discuss the following questions:

1. What effect did the comparing behavior have on Eddy?
2. Why would this behavior be hard for Eddy to change?
3. How did Eddy give away his control over his own feelings?
4. How did Eddy's life change after he took control of his problem?
5. Why was it important for Eddy to take control and solve his problem?
6. What would you do about this problem if you were Eddy?