



SESSION TWO:

ME AND MY CONDITION

This session is designed to help you think about who you are, what your values and expectations of yourself are and how you want other people to see you.

Activity: My shield

During this session you can create your own shield using words or images that represent who you are, your interests, hopes, etc. On the shield you can include drawings, cut and paste in images or add words or phrases that mean something to you. You can even add your own motto. Think about your values and what is important to you, like, honesty, trust, etc. For example, you might value being there for other people and your condition might interfere with this but you can still be there for them in other ways.

MY SHIELD

