

lesson 2

Brash gremlins

Main goal: Indication of the benefits of discovering your gremlins (sabotage thinking)

Required materials:

- Pen,
- White Cards

History which building the motivation to actively join the lessons

(3 minutes)

Amelia is 17 years old and goes to a prestigious high school in Warsaw. She has a good but demanding parents, a cheeky younger sister and some trouble: she often gets a little downtime in learning. It looks that once she is learning for hours and go to sleep at dawn, and once lounging in bed with a laptop in her hands and does a thorough review of online shops. Situations with shops end painfully for her – to maintain an ambitious GPA, she must then work hard. But another is the essence of the matter. When she wants to open the computer immediately hears in her head: „What the heck! I will sit only one moment, then immediately will con these new words in English. There is not a lot of these words, and I have a good memory”. And Amelia lays on the bed blissfully immersed in virtual stores. When 3-4 hours passed she gets panic and hear in her head: "Oh again, you did it! You lazy cow! You have no idea about organizing your time! With this approach, better immediately say goodbye to final exams! And anyway, you'll never change!" ...

What will be the main topic?

(3 minutes)

Negative thoughts, sabotage thinking, sabotage beliefs which are also called gremlins. Gremlin is the source of most personal troubles and sufferings in interpersonal relations. This is often an internal fear, which can destroy a man for many years. The personality of each of us is a grid of behavior that stem from the set of our beliefs, also

beliefs about ourself. Gremlins may inhibit the dreams, aspirations, significantly impair the self-esteem, and consequently wasting quality of life. Negative beliefs, which soak up the children can pull them over the years and limit the happy life in adulthood. The awareness of having gremlins is the starting point for the use tools that will destroy those thoughts and transforming them into positive thinking, so uplifting and supportive, especially a young man in his adolescence to adulthood.

We practice

(20 minutes)

Exercise 1. Who is the narrator in the Amelia's head?

1. Discussion about the narrator in Amelia's head - who is he and what the effects might be keeping it in mind for a long time.- 5 min.
2. Individual work - noting the most widespread myths about gremlins/ eg. - The boys have better brain to science education; - Pretty girls have easier life, because ... (according to individual ideas). - 5 min.
3. Sharing in the forum with ideas and reflection: - What is the benefit to me being conscious about the existence of such myths? - 5 min.

Exercise 2 Artistic Fun: Draw your Gremlin☺.

Note whether it is small or bigger? What is his name? How is it wearing? Does it look real or unreal? What activities it usually performed? Write down what it usually says to you. Include his tone of voice and facial expressions. - 5 min. Keep your drawings, because we are going to work with this to the next lesson.

REFLECTING END OF LESSON

10 minutes

Sharing on the forum (for those who want) answer to the question

- What have you learned about yourself, experiencing the discovery of your own Gremlin?
- What it means for you?
- What is your perception limiting and sabotage thoughts?
- What are the benefits for you with the knowledge of your brash gremlin?

The teacher announces that students do away with their gremlins next time☺.