



Adapted for Kansas State University Counseling and Psychological Services

INFORMED CONSENT – SKILLS WORKSHOP

Welcome to our three-week skills workshop! These workshops are designed for K-State students who have paid the privilege fees. In practical, day-to-day terms, these workshops are designed to give you the keys to getting and staying well. When you sign-up for one of the 3-week workshops, attendance at all three sessions will be important, as the lessons go in order and fit together as a whole. At the end of each workshop session we will ask you whether you want to sign up for the next session, and will schedule an appointment for you depending on your response. To gain maximum benefit from this workshop, you will need to attend three weekly, one hour sessions, then practice between sessions and apply the training you learn to your everyday life. The workshops will meet online and hosted by Counseling Services for 60 minutes, with the 3-week sequence repeating throughout the semester (no meetings on university holidays).

The workshops will be led by Counseling Services staff members who represent a variety of professionals and professionals-in training: doctoral and masters-level therapists, master's students, and doctoral psychology interns.

The workshops are free of charge! However, if you no-show or cancel your appointment with less than 24hour notice, you will be charged \$25. You are responsible for your bill. You may pay for charges at the time you incur them. Statements are available online by clicking on the Counseling Service Account link on our main webpage (www.k-state.edu/counseling). For overdue billing statements, we may utilize the local address you provided us or the last permanent address you provided to the University. Accounts reaching 60 days past due are filed with the University as delinquent, and a “hold” will be placed on your student account until payment is received. Accounts reaching 120 days past due may be sent to a collection agency if you have not contacted Counseling Services to set up a payment plan.

The focus of the workshops is on skill development, which is helpful in many areas of life. However, the workshops are not a form of or substitute for personal counseling. To become a client and receive counseling, please talk with our staff at the front desk.

We look forward to working with you and are confident it can be of great benefit to you.

Your signature indicates you have read, understood, and agreed to all of the information provided.

Printed Name: _____ WID: _____

Student Signature: _____ Date: _____

Introduction to Workshop

Welcome to Date Yourself! Date Yourself is a fast paced, 3-session seminar focused on developing skills to understand concepts of self-esteem, its connections to attachment styles in relationships, and engaging in activities to improve your relationship with yourself and others.

The three workshops are divided into content that builds upon itself to assist students in addressing personal and interpersonal problems which are associated with negative self-perception. Personal and interpersonal problems include, but are not limited to, high self-criticism, difficulty self-appreciating or accepting compliments from others, feelings of inadequate/unattractive/flawed/inferior, difficulty speaking up/standing up for oneself, "people pleaser," difficulty making intimate relationships and unrealistic perfectionism.

By the end of this workshop, you will have a better understanding of the common areas where we 'hold ourselves back' in relating to both ourselves and others.

The activities in your workbook are for you and only you. We ask that you write your responses in the workbook because many of the in-session exercises build upon each other. You'll have some opportunity to participate out loud during this seminar, but please know that if you're uncomfortable you will not be required to do so.

This seminar provides a lot of information in a very short period of time. At times, you may feel somewhat overwhelmed by all of the information. That's okay! Remember, the workbook is yours to take with you and we strongly encourage you to review the material between sessions. The more you practice and reflect, the more you're going to get out of this. If you don't complete an activity or reflect in between sessions, please still come to the seminar.

Should you wish to focus more in depth on any of your self-esteem and/or relationship concerns, you may debrief with a therapist following completion of the workshop to discuss options.

If at any time you feel that you need additional support, please let your workshop leader know or contact the Counseling Center at 785-532-6927 or counsel@k-state.edu. Additionally, feel free to visit our website for more resources <https://www.k-state.edu/counseling/>

Confidentiality Reminder

Confidentiality is limited when there is risk of suicide or homicide, suspicion of abuse of a child, adult over 65, or dependent adult, or when there is a valid legal request for mental health records.

As this is a group setting, there is no way to guarantee confidentiality. However, our expectation is that no information about anyone in the group will be shared, including others' stories. We want to ensure that it feels safe to speak here.

Frequently Asked Questions (FAQ)

Why does the group use a 3-session model?

A three-session model allows you sufficient time to learn the concepts with time to practice between sessions. Keeping it to three 50-minute sessions allows you to find time in your busy schedule to learn these skills.

What if I need more than 3 weeks to learn and process all of this information?

You are not alone. The topics of discussion are deep and take time to explore. If you need more resources or would like to interpret these topics further, we encourage you to follow-up with your referring clinician.

What if I don't feel comfortable in groups?

Many people feel a little anxious about participating in a group. This group is structured and curriculum-driven, like a class. You are not required to speak if you do not feel comfortable doing so. The facilitators respect each participant's right to share only what they are comfortable sharing and never require you to share sensitive or potentially embarrassing information.

What if I have an urgent need to see a counselor during the seminar?

Simply let the facilitator or Counseling Services' front desk staff know, and they will facilitate you getting the help you need.

Why is it important to reflect between sessions?

The focus of this workshop is on building skills to build healthy and effective relationships with yourself and others; in order to achieve that goal, reflection is essential. You will not be required to provide your reflection responses at any time.

What if I did not reflect in between sessions?

We encourage you to come to the group regardless. If you forget your workbook, we can provide you with a new one. We can also assist you in working on examples when the homework is reviewed.

SESSION

ONE

Ice Breaker



Name

Year

Major

Please answer one of the following questions:

What would your ideal date with yourself look like?

What has brought you to this workshop?

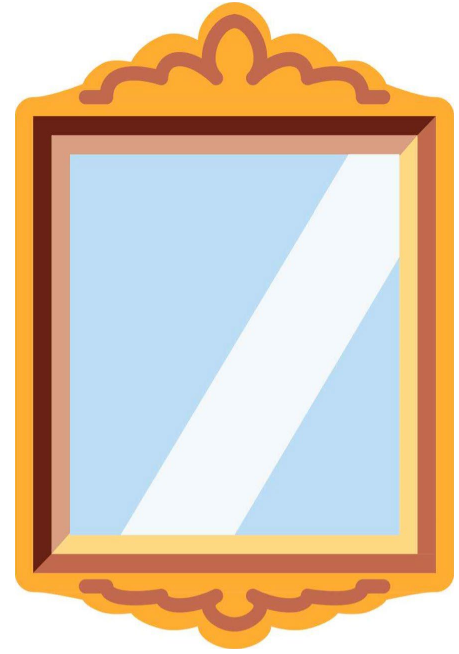
Why is self-esteem important in regards to relationships?

What do you hope to encounter along the workshop?

Defining Self-Esteem

/.self a'stēm/ noun

Self-esteem is the overall evaluation of the self, frequently associated with self-worth and self-image. Self-esteem may or may not reflect reality.



Other Definitions

- "Self-esteem is the ability to value one's self and to treat one's self with dignity, love, and respect." Virginia Satir
- "Your self-worth is determined by you. You don't have to depend on someone telling you who you are." Beyoncé
- "Self-esteem is the experience of being capable of managing life's challenges and being worthy of happiness." National Council for Self-Esteem
- "Self-esteem is the reputation we have with ourselves." Nathaniel Brandon
- "Knowing that I feel good because I am being diligent about taking care of myself mentally, physically, and emotionally creates self-esteem." Chrissy Metz
- "You yourself, as much as anybody in the entire universe deserve your love and affection." Buddha
- "I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time." Anna Freud
- "It took me a long time not to judge myself through someone else's eyes." Sally Field



Intersecting Identities

Age
Developmental
Disability
Religion
Ethnicity/Race
Socioeconomic Status
Sexual Orientation
Indigenous Heritage
National Origin
Gender



Place labels in the corresponding circles. For each overlap, consider what does this overlap mean to you?

For example, what does it mean to be 19 years old, of non-binary gender, of lower socioeconomic status, and suffer from dyslexia?



'S

"DATING" PROFILE

ABOUT

I know there lots of types of relationships, including the one I have with myself. Right now in my life, I'm interested in looking deeper at my relationship/s with _____ (*myself, family, romantic partner, friends, etc.*). When I think about an ideal relationship, _____ (*warm fuzzy feeling*) comes to mind. I love people who are _____ (*adj.*) and _____ (*adj.*).

BELIEFS + VALUES

I believe in living a _____ (*adverb*), _____ (*adverb*) and _____ (*adverb*) life. Admittedly, I sometimes _____ (*verb*) or _____ (*verb*), which I have recently learned might be reinforcing lower self worth. So, I am working on _____ (*verb + 'ing'*) instead. Currently, _____ (*noun*) is what I value in my life most. This shows when I am in _____ (*location*) and _____ (*verb + 'ing'*). I want the people in my life, especially those who matter, to see me as a _____ (type/trait) person.

THIS OR THAT (PREFERENCES)

- Heat of Summer or Cold of Winter
- Indoor Activities or Outdoor Activities
- Beach Vacation or Site Seeing Vacation
- Science Museum or Art Museum
- Sweet Snack or Savory Snack
- Exam Taker or Paper Writer

FUN STUFF

A perfect weekend starts with _____, then _____, and then winding down with some _____. I've always wanted to learn how to _____ or _____. When I have spare time, I love giving my time/money to _____.

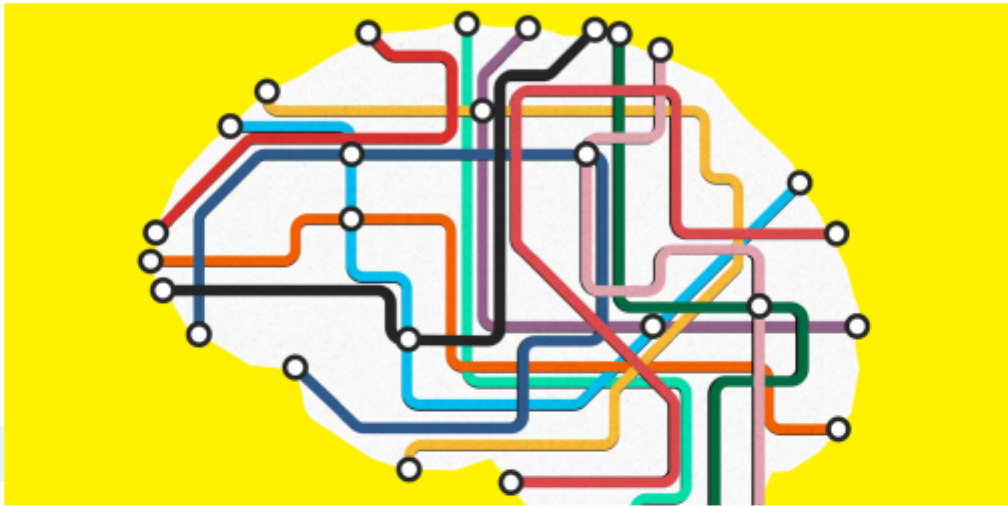
Right now, in my refrigerator, you'd find _____, _____, and _____. And if I had you over for dinner, I'd whip you up _____ paired with my favorite _____.

My dream vacation is _____. So far, my trip to _____ has been the best yet because I can't stop thinking about the _____. I don't think being adventurous has to necessarily mean _____, but I do think it means _____.

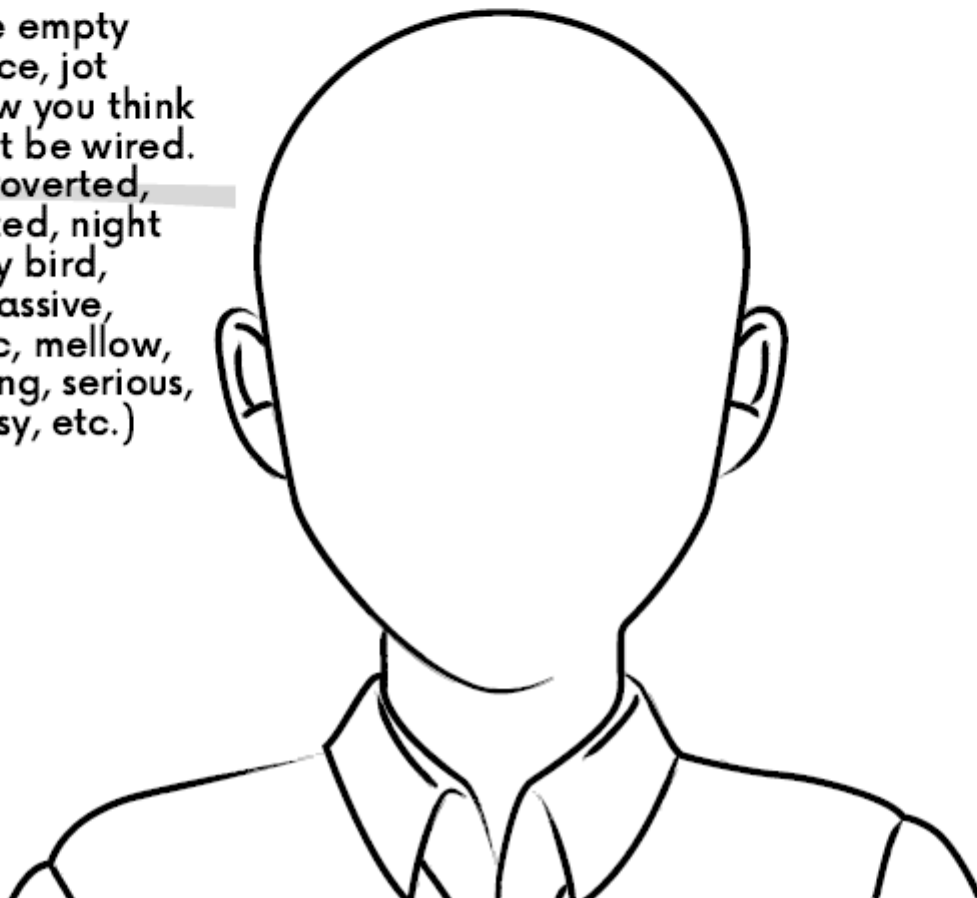
SESSION

TWO

A PEEK INSIDE MY MIND



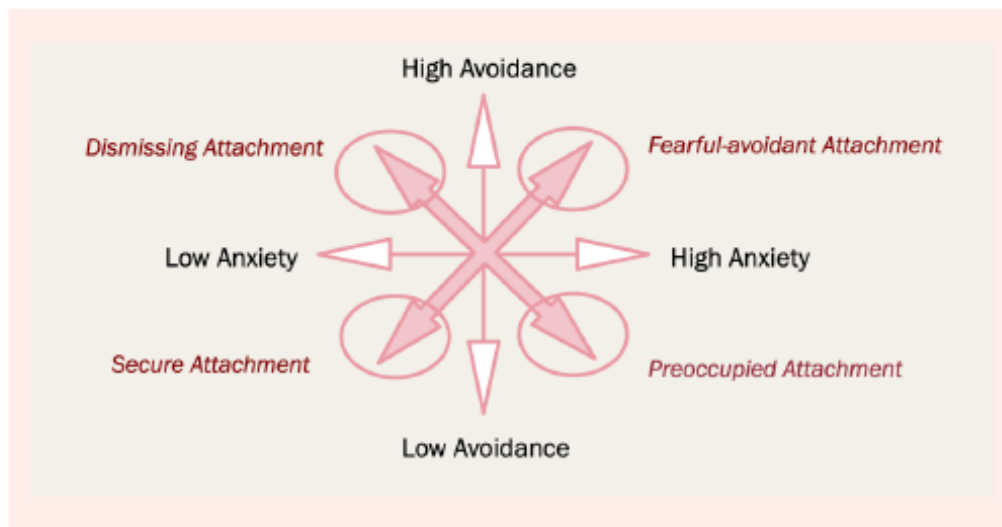
Using the empty face space, jot down how you think you might be wired. (E.g., Introverted, extroverted, night owl, early bird, active, passive, energetic, mellow, easy-going, serious, tidy, messy, etc.)



Patterns of Attachment

* Early attachments set the foundation for later life. It shapes our beliefs, emotions, behaviors, and our relationships. Adult attachment styles have developed from early attachments. While this is not a workshop looking into early attachment histories, we can explore common adult attachment patterns.

* Adult attachment styles are understood along two intersecting dimensions: Avoidance and Anxiety.



* Attachment anxiety is the degree to which an individual fears abandonment or rejection by partners; and the degree to which an individual worries about whether their partners really love them.

* Attachment avoidance is the degree to which an individual distrusts the goodwill of their partners and feels uncomfortable relying on them in times of need; and strives to maintain independence and emotional distance from partners. It is also the degree to which an individual is comfortable opening up to others.

* High anxiety:

- Frequently worry about the attention from one's partner; are dissatisfied
- Strong desire for closeness in relationships

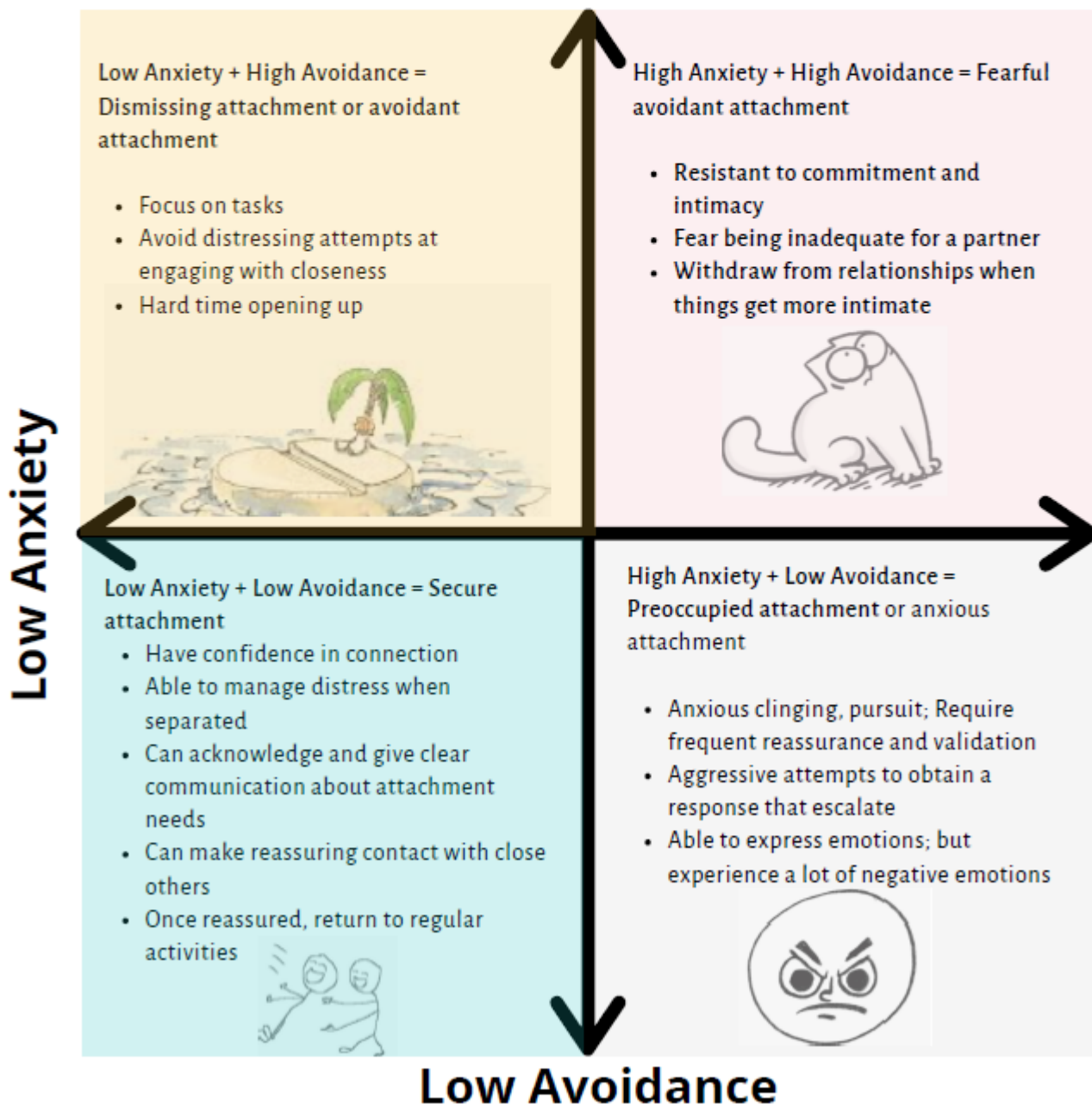
* High avoidance:

- Uncomfortable with closeness in relationships; and do not like to open up
- Unwilling to allow oneself to be vulnerable to a partner
- Tendency to deny distress

(Bartholomew & Horowitz, 1991; Fraley & Shaver, 2000)

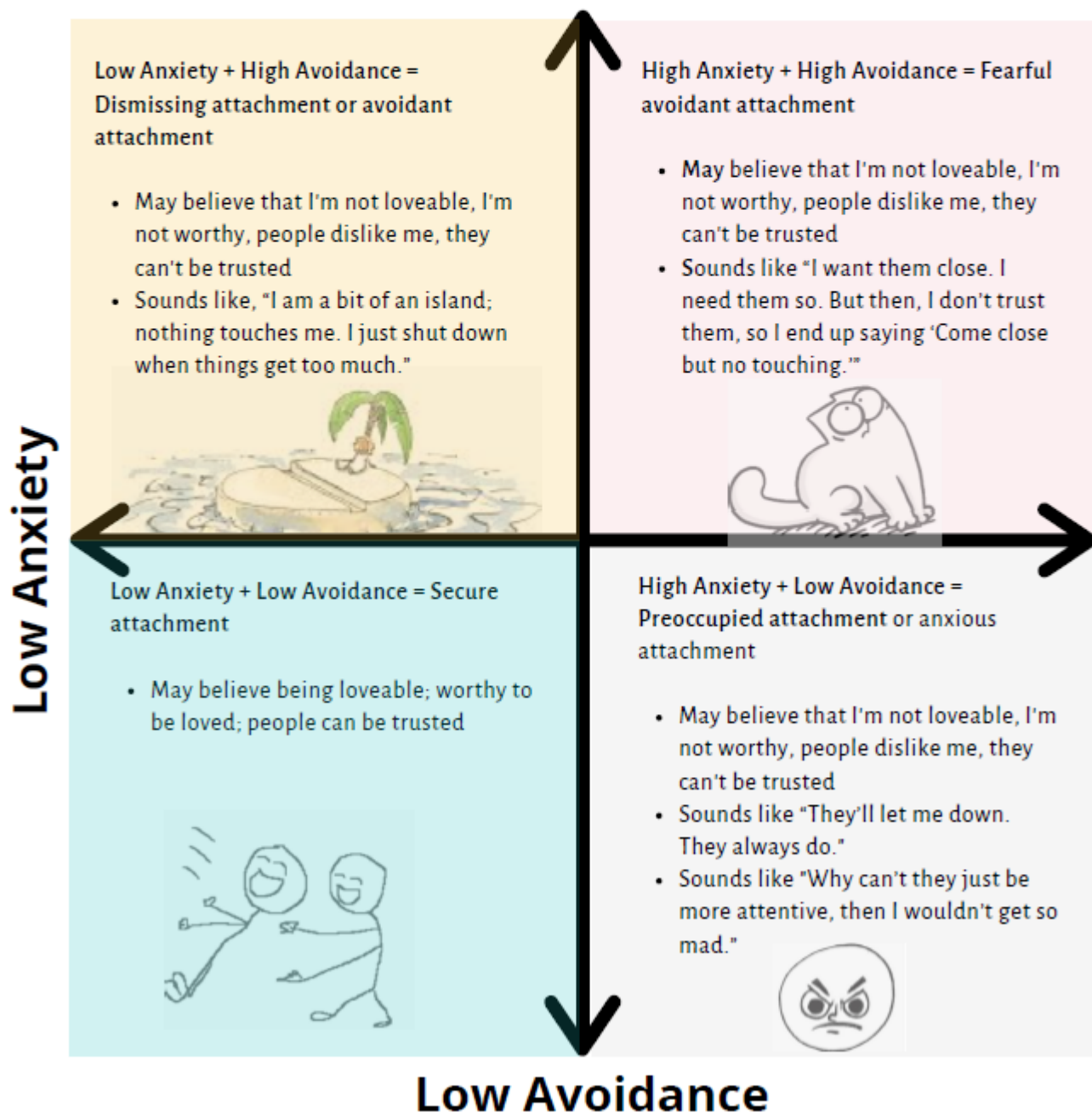
Description of Attachment Styles

As we go through a description of each attachment style, reflect on what style seems to best describe your close relationship patterns. They might also vary somewhat, depending on the different relationships you have.



More About Attachment Styles...

These ways of engaging significant others are self-maintaining patterns of social interaction and emotion-regulation strategies. These are patterns developed used to manage distress connected to internalized thinking patterns of self (e.g., I'm not loveable/I'm loveable; I'm not worthy/I'm worthy) and of others (e.g., they can't be trusted/they can be trusted; people dislike me/people like me).



Matching Attachment Styles and Behavior

Draw a line from the description in the first column to the correct answer in the second column. There will be more than one description that matches with each attachment style identified in the second column.

1. Think or say, "I am a bit of an island; nothing touches me."	A. Secure
2. Anxious and clingy pursuit to get a response from someone we are close to that can even escalate to aggressiveness	B. Dismissing/Avoidant
3. Focus only on tasks in close relationships	C. Preoccupied/Anxious
4. Can be characterized with thoughts like, "They'll/she'll/he'll let me down. They always do. Why can't they/she/he just be more attentive, then I wouldn't get so mad."	D. Fearful-Avoidant
5. I just shut down when things get too much.	
6. Reach out for reassurance with those we are close; then able to get on with our regular activity/work	
7. Avoid distressing attempts at engaging those we love	
8. Clearly communicate relationship needs with close others/those you love	
9. Think, "I want them/her/him close. I need them/her/him so. But then, I don't trust them/her/him so I end up saying 'Come close but no touching.'"	
10. Constant validation seeking	



Answer key: 1. Dismissing/Avoidant / 2. Preoccupied/Anxious / 3. Dismissing/Avoidant / 4. Preoccupied/Anxious / 5. Dismissing/Avoidant / 6. Secure / 7. Dismissing/Avoidant / 8. Secure / 9. Fearful-Avoidant / 10. Preoccupied/Anxious



ABOUT SECURE ATTACHMENT

DID YOU KNOW THAT SECURE ATTACHMENT IS RELATED TO:

- **Higher Self-Esteem**
- More calm
- Greater confidence
- More assertiveness & collaboration
- Greater positive outlook
- Lower depression & anxiety
- Lasting close & reciprocal relationships
- Trusting people they love
- Greater constructive coping skills

Reflection of the Week

- Check out your attachment style by going to: <https://openpsychometrics.org/tests/ECR.php>
- My attachment style/s was/were: _____
- During the week, think about your current relationships with your partner, friends, and family members and check off some behaviors you've noticed in your relationships.

MONDAY

- jealousy
- over apologizing
- constantly permission seeking
- lying
- indecisiveness
- avoiding arguments
- starting arguments
- never flying solo
- always flying solo
- validation seeking
- keeping your distance
- second-guessing yourself
- being needy or clingy
- critical self-talk
- critical of others
- focus only on tasks
- shut down when things were too much

TUESDAY

- jealousy
- over apologizing
- constantly permission seeking
- lying
- indecisiveness
- avoiding arguments
- starting arguments
- never flying solo
- always flying solo
- validation seeking
- keeping your distance
- second-guessing yourself
- being needy or clingy
- critical self-talk
- critical of others
- focus only on tasks
- shut down when things were too much

WEDNESDAY

- jealousy
- over apologizing
- constantly permission seeking
- lying
- indecisiveness
- avoiding arguments
- starting arguments
- never flying solo
- always flying solo
- validation seeking
- keeping your distance
- second-guessing yourself
- being needy or clingy
- critical self-talk
- critical of others
- focus only on tasks
- shut down when things were too much

THURSDAY

- jealousy
 - over apologizing
 - constantly permission seeking
 - lying
 - indecisiveness
 - avoiding arguments
 - starting arguments
 - never flying solo
 - always flying solo
 - validation seeking
 - keeping your distance
 - second-guessing yourself
 - being needy or clingy
 - critical self-talk
 - critical of others
 - focus only on tasks
 - shut down when things were too much
-

FRIDAY

- jealousy
- over apologizing
- constantly permission seeking
- lying
- indecisiveness
- avoiding arguments
- starting arguments
- never flying solo
- always flying solo
- validation seeking
- keeping your distance
- second-guessing yourself
- being needy or clingy
- critical self-talk
- critical of others
- focus only on tasks
- shut down when things were too much

REFLECTION QUESTION

Are there any changes you want to make?

SESSION THREE

Reflection of the Week Review



How was your experience taking the Experiences in Close Relationships assessment? What were some of your thoughts and feelings?

If you feel comfortable, please share about your attachment style. Was there anything that surprised you?

How were your attachment styles different in different close relationships?

Throughout the week, what were some of the behaviors you checked off?

What changes would you like to make in your relationships? How do you plan to make those changes?

Self Talk

According to the Mayo Clinic...

Changing negative thoughts to positive thoughts may lead to:

- Lower rates of depression
- Lower rates of stress
- Greater life satisfaction
- Better psychological, physical well-being
- Better coping skills during difficult times

take care
of your mind

Self-talk can be a detrimental force on self-esteem if your thoughts are inaccurate, negative, or distorted.

Research shows that one way to build your self-esteem is to retrain yourself to engage in positive self-talk.

Positive self-talk is when you focus on your strengths and positive qualities, reminding yourself that you are a good and valuable person.

you're doing great!

POSITIVE SELF TALK

Get in the habit of repeating these sentences to yourself.



I am a strong person. I showed strength when _____



I can be happy. A time I was happy was _____



I am a good friend. An example of this was when I _____



I am able to make decisions. One good decision I made for myself was _____



I am a lovable person. People who love me include _____



Activities I feel good about

- TAKE A WALK OUTSIDE
- LISTEN TO MUSIC
- ATTEND A SUPPORT GROUP
- PLAY A SPORT
- MAKE CRAFTS
- WORKOUT
- PLAY A MUSICAL INSTRUMENT
- WRITE IN A JOURNAL
- PARTICIPATE IN A CLUB
- DO VOLUNTEER WORK
- MEDITATE
-
-



SELF-ESTEEM PLAN



PHYSICAL SPACE

TASK CHECKLIST

- MAKE YOUR BED
- PERSONALIZE YOUR SPACE
- SPEND TIME OUTSIDE WITH NATURE

MENTAL SPACE

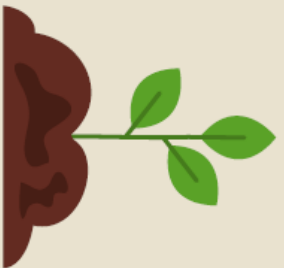
TASK CHECKLIST

- JOURNAL YOUR GRATITUDE
- LOVE YOURSELF, FLAWS AND ALL (USE MANTRAS!)
- IDENTIFY WHAT IS/IS NOT IN YOUR CONTROL

SOCIAL SPACE

TASK CHECKLIST

- STOP APOLOGIZING, SAY THANK YOU
- ACCEPT + BELIEVE COMPLIMENTS
- SEEK **POSITIVE** SUPPORT + CONNECT



SELF-ESTEEM JOURNAL

Week _____

MONDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

TUESDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

WEDNESDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

THURSDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

FRIDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

SATURDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

SUNDAY

I flourish when:

I am proud of:

I am thankful for:

One success I had today:

I look forward to:

