



# Growing Up Again Clues and Activities

a newsletter for people who care about self-esteem

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## What is Growing Up Again and Again?

Growing up again and again is flowing with the demands of life that we constantly adapt to changes, both external and internal. The process of growing up again is made up of a combination of:

- learning new skills,
- learning to use old skills in new ways,
- getting what we missed earlier so we don't have to go on living without what we need now.

Since our lives are constantly in flux because of outside influences and as a result of aging, we all have to grow up again and again whether we like it or not. This WE is designed to help us notice the stage or tasks we may be needing to recycle and everyday activities that we can do to support that need.

### Suggested Activities for Individuals Getting Started

Here are four different ways to start using the *Growing Up Again* clues and activities. Choose the one that makes the most sense to you or that feels right for you.

#### 1. Choose a stage.

- Read the clues for all of the stages.
- Pick one stage to work on.
- Choose one clue from the list of clues for that stage.
- Select three activities from the list of activities for that stage that might help counter or heal the belief or activity of your clue.
- Plan ways to do these activities within the next month.

#### 2. Join your children or grandchildren.

- Choose the stage that matches the stage that one of your children or grandchildren is in.
- Pick an affirmation from that stage that you wish you believed more firmly.
- Choose activities from that list that you think will help you learn to believe that affirmation.
- Do the activities and encourage yourself to believe the affirmation.

#### 3. Choose a pressure in your life right now.

- Look through the affirmations and pick one affirmation from each stage that might help you deal with that pressure.
- Pick one or two activities from each stage that would support your belief in that affirmation.
- Do them, one stage at a time, working backward from VI to I.

#### 4. Use your personal history.

- Choose a stage in which you know or think that you didn't get what you needed the first time around.
- Star the clues that have been or could be true for you.
- Pick one clue to work on.
- Choose three activities that might support changing or healing that clue.
- Select the order in which to do those activities and do them.
- Pick a second clue and repeat the process.

- Remember that it took a long time to develop the beliefs and activities reflected in these clues. Be patient with yourself and give yourself time to grow up again.



Do the activities with respect and love for yourself and with the purpose of expanding your awareness and acceptance of yourself. You do not need to feel comfortable while you do them, but do not discount or disparage them or they will not help you make new decisions about yourself. Allow the activities to seep into your body in a new way. Feel them, think about them, let them help you believe the affirmations and accept yourself as the lovable, capable person you were born to be.

### Suggested Activities for Support Groups

Individual members of a Support Group may request support from their group around a particular activity. For example: A member may write his own story for a stage and ask his group to listen to him read it.

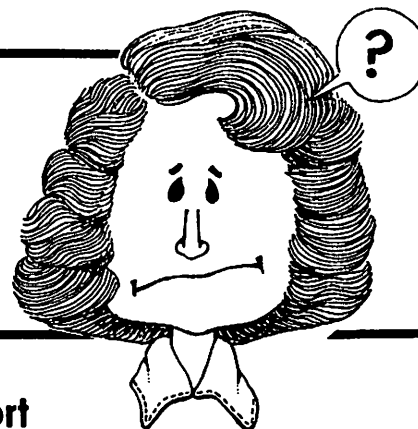
The group as a whole may do an activity. For example: The group may have a story writing session during which everyone spends 20 to 30 minutes writing her story and then the individuals who choose to share can read their stories to the whole group.

Support Groups who wish to move to a deeper level or do therapeutic repair work in a stage can write to WE for a copy of the article "The Developmental Minithon" by Russ Osnes, Jean Illsley Clarke and Maggie Lawrence. This experience must be facilitated by a therapist who is trained in human development and is not suitable for a Support Group to try by themselves.

## Stage One — Being

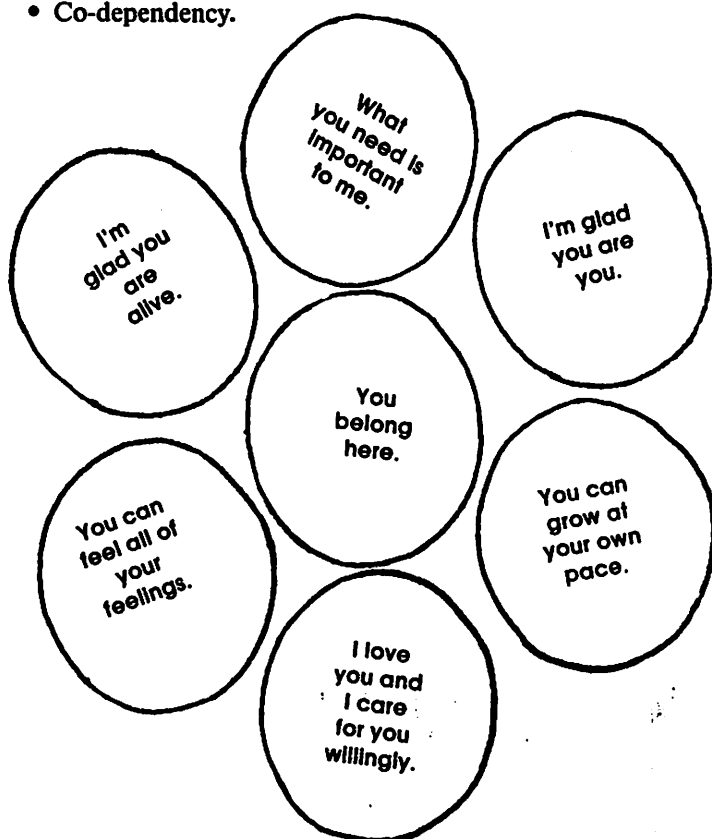
from birth to about 6 months and forever after

The first stage is about deciding to be, to live, to thrive, to trust, to call out to have needs met, to expect to have needs met, to be joyful. These decisions are important to nourish and amplify throughout our whole lives.



### Clues to a Need for Adults to Grow Up Again in Stage I

- Wanting others to know what you need without your asking.
- Not knowing what you need.
- Not needing anything.
- Believing others needs are more important than yours.
- Not being willing to trust.
- Trusting without making judgments first.
- Joylessness.
- Daydreaming that interferes with daily living.
- Believing there is not enough or not good enough love, food, shelter, clothing, time, etc. for you.
- Lack of concentration.
- Not knowing how you feel or only using certain feelings.
- Hurrying to grow up or wanting to stay little.
- Believing you have to please others to be OK.
- Believing you have to suffer to get your needs met.
- Problems with food, eating too much or too little.
- Not wanting to be touched.
- Sexual addiction.
- Other addictions.
- Co-dependency.



### Activities That Support Growing Up Again in Stage I

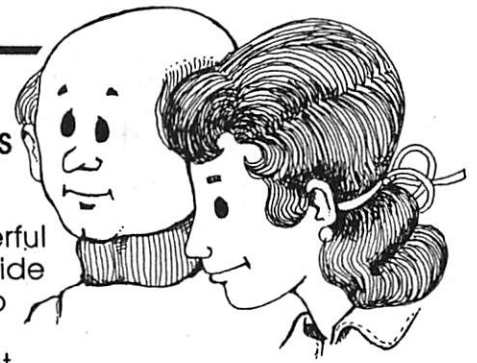
- Write your own story for this stage. Describe what probably happened to you and what you experienced and decided as if it were happening to someone else.
- Make a list of eight things you want. Get someone to give you four of them.
- Make a list of things you need. Compare it to your "want list." Check each thing on your "need list" and see if there is a better way you can supply yourself.
- Sing lullabies to the little child in you.
- Eat food you especially like. Savor it. Realize that there is enough.
- Practice asking for what you want. Arrange with a friend that you will ask for everything you want for one evening. The friend will say, "I hear that you want . . ." You don't have to get what you want, just practice asking. Feel free to be noisy.
- Get more sleep.
- Visit a nursery in a hospital and stare at each baby until you feel it's individual uniqueness.
- Get and give more hugs.
- Hold a baby. Rock and sing to the baby and yourself.
- Buy yourself a wonderful doll. Rock and cuddle and sing to the doll, pretending that it is a baby you.
- Collect three or four friends who support your growth and give yourself a baby shower. Buy and wrap the gifts yourself. Have cards for your friends to sign and let them give you the gifts.
- Plan the celebration you wish your family had given for your birth or your welcoming or your baptism. Make an audio tape of the story as someone who was there might tell about the celebration. Then listen to the tape and visualize the whole thing as if it were happening. If you don't remember how to visualize, use the directions in the shield exercise in *Growing Up Again* pg. 166.
- Do something to make your house more comfortable.
- Look at yourself in a mirror. Touch your nose, then the nose in the mirror, your eye, then the eye in the mirror, etc. Say the being affirmations to yourself while you do this.
- Read *Self-Esteem: a Family Affair*, by Clarke, Harper & Row, Chapter II for help for yourself and your infant.



## Stage Two — Doing

From about 6 to about 18 months  
and forever after

Stage Two — the “doing” stage — is a powerful time when it is important for the child to decide to trust others, that it is safe and wonderful to explore, to trust his senses, to know what he knows, to be creative and active, and to get support while doing all these things.

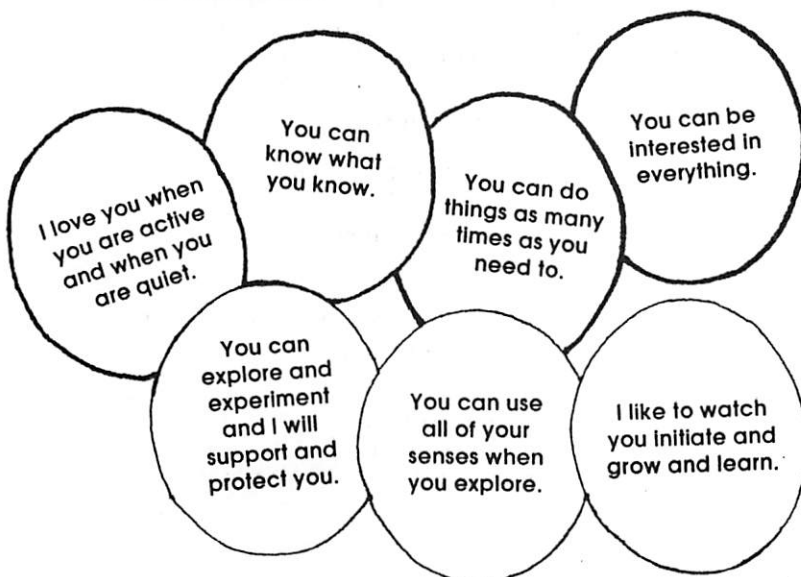


### Clues to a Need for Adults to Grow Up Again in Stage II

- All of Stage I clues.
- Boredom.
- Reluctance to initiate.
- Being over active or over quiet.
- Easily distracted.
- Wanting to try everything.
- Reluctance to try new things.
- Not being willing to drop old projects even though they are no longer useful or fun.
- Expecting to do things perfectly the first time.
- Being compulsively neat.
- Wanting lots of support or rejecting support.
- Not knowing what you know.
- Not trusting your senses — always checking things out with others.
- Expecting others to know what you need without your asking.
- Joylessness.
- Lack of creativity.
- Not aware of own intuition.
- Not trusting own intuition.
- Not expecting help when stressed.
- Creating clutter and living with it.
- Being over cautious.
- Thinking it is OK not to be safe, supported, or protected.
- Expecting life to be served up on a silver platter.
- Addictions.
- Co-dependency.

### Activities that Support Growing Up Again in Stage II

- Write your own story for this stage. Describe what probably happened to you and what you experienced and decided as if it were happening to someone else.
- Ask a friend to take you some place you have never been before.
- Drive to work a different way.
- Go shopping and look in departments or stores you don't usually go into. Don't buy anything. Take in the shapes and colors and textures and odors.
- Ride the bus and look at everyone.
- Explore your house on your hands and knees. Notice how different things look.
- Lie on your back under a table and stick your fingers in any little holes.
- Touch each part of your body and say, “My toes are alive. My feet are alive. My ears are alive,” etc.
- Cup your hands over your ears — listen to the sea shell sounds.
- Feel of your own hair. Feel of someone else's hair. (Get their permission first.)
- Lie on your back and look at the bottom of a chair. Find six special things about it.
- Taste a piece of paper.
- Tug on a skirt or pant leg of someone who loves you and get them to hug and kiss you.
- Drop something six times and see if it always goes down.
- Hide something inside of your shoe. Discover it the next time you put your shoes on.
- Smell the inside of your wallet.
- Fill a basket with safe, small, unbreakable objects. Explore the objects. Shake, smell, taste, look at, listen to, stack, the objects. Pay close attention to the objects. Think how you feel when you devote yourself to learning.
- Explore new foods.
- Explore new talents.
- Stack things and let them fall over.
- Play with Silly Putty.
- Make a mess. (One you will not mind cleaning up later, or get someone else to clean it up for you.)
- Have someone lead you around blindfolded. Can you tell where you are by what you hear? Smell?
- Close your eyes and let your left hand explore your right foot. Now let your left foot explore your right hand.
- Read *Self-Esteem: A Family Affair*, Chapter III for help for yourself and your infant.
- All stage I activities.





## Stage Three — Thinking

From about 18 months to about 3 years and forever after.

In order to separate from parents, children must learn to think and solve problems. Learning to express and handle feelings is also important. These lessons are the focus of Stage Three — the “thinking” stage.

### Clues to a Need for Adults to Grow Up Again in Stage III

- Inappropriate rebelliousness (chip on shoulder).
- Resenting being held accountable.
- Rather be right than successful.
- Bullying.
- Willing to be bullied.
- Always wanting to be different from others.
- Compulsion to be the only one with your position, activity or accomplishment.
- Afraid to be the only one with your position, activity or accomplishment.
- Use of anger to cover fear or sadness.
- Fear of anger in self or others.
- Fear of separation.
- Discount ability to solve problems with “I can’t,” “I won’t,” or “You can’t make me.”
- Saying “No,” or “I won’t” before thinking if that is the best response in that situation.
- Scared to say “No.”
- Afraid to trust own perception of reality, depend on others to think for you.
- Joylessness.
- Expect to think for others.
- Regularly relate to people by opposition.
- Hold others responsible for your feelings, “You make me mad.”
- Always testing limits.
- Afraid to test limits.
- Resent limits.
- Experience all limits as oppressive.
- Difficulty in solving problems.
- Problems with intimacy.
- Hide own feelings.
- Discount the feelings of others.
- Hurrying to grow up or wanting to stay little.
- Difficulty thinking and feeling at the same time, “I was so mad I couldn’t think.”
- Believing other’s needs are more important than yours.
- Not knowing what you need.
- Unwilling to ask for help.
- Believing you have to suffer to get what you need.
- Want to be center of the universe.
- Not sure of a place in the universe.
- Addictions.
- Believing you have to be co-dependent to be loved, wanted, needed, alive.

### Activities that Support Growing Up Again in Stage III

- Write your own story for this stage. Describe what probably happened to you and what you experienced and decided as if it were happening to someone else.
- Make a list of things you like and things you don’t like. Read your list out loud to yourself. Choose one item you like and do it or celebrate it. Choose one you don’t like that you can do something constructive about and do it.
- For the next week, ask someone who cares about you to nurture you in a small but specific way once each day. Be aware of any anger that you have about asking for or receiving that.
- Get a new recipe or something to assemble. Follow directions exactly. Get three people to tell you how well you did.
- Get someone who gives clear directions to tell you how to do six things. (You can provide the list) Do each one exactly. Then have the person tell you you did well.
- Get someone who loves you to tell you one dozen ways you are different from other people.
- Say “No” ten times and then say “Yes” ten times.
- Read *Self-Esteem: A Family Affair*, Chapter IV for help for yourself and your own two year old if you have one.
- Read books about two-year-olds or read the two-year-old section of any child development book.
- Any Stage II activities that sound appealing.

It's okay for you to be angry, and I won't let you hurt yourself or others.

I'm glad you are starting to think for yourself.

You can say no and push and test limits as much as you need to.

You can learn to think for yourself and I will think for myself.

You can think and feel at the same time.

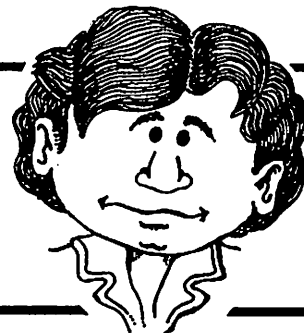
You can become separate from me and I will continue to love you.

You can know what you need and ask for help.

## Stage Four — Identity and Power

From about 3 to about 6 years and forever after

The tasks of this stage focus on learning and activities that help the person establish an individual identity, learn skills, and figure out role and power relationships with others.

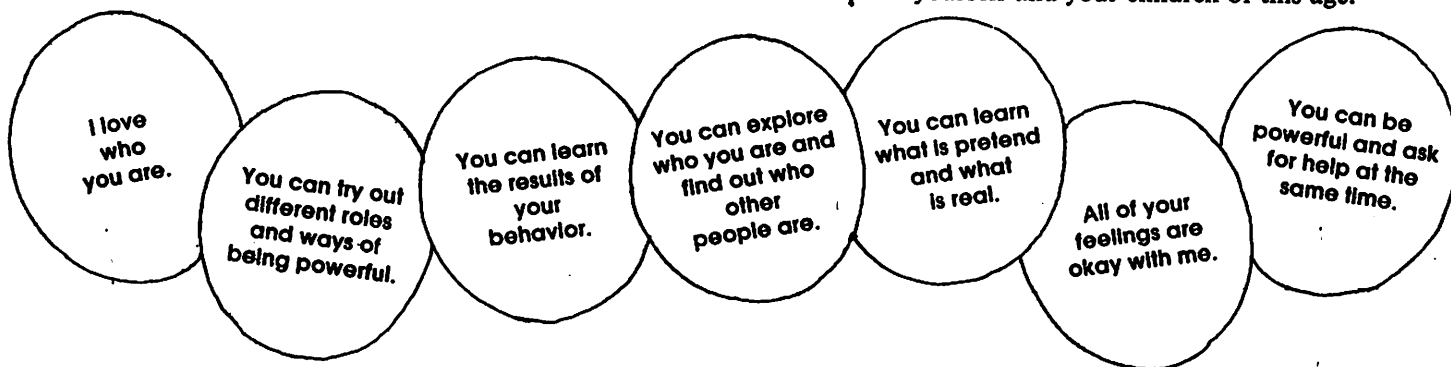


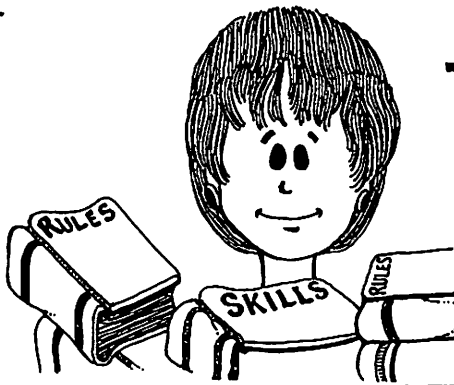
### Clues to a Need for Adults to Grow Up Again in Stage IV

- Believe that all power is bad.
- Having to be in a position of power.
- Afraid of or reluctant to use power.
- Frequently blame others.
- Unsure in social relationships and behavior.
- Sex role confusion.
- Identity confusion — needing to define self by a job or relationship.
- Not wanting to be accountable for results of own behavior or uses of power.
- Joylessness.
- Afraid to be different.
- Regularly excluding some feelings.
- Unaware of the effect you have on others.
- Unclear about roles and who is responsible for what.
- Not finishing things.
- Overuse of outlandish dress/behavior.
- Fear of being outlandish.
- Fear of not being liked — “What will the neighbors say?”
- Needing to be right, reluctant to admit mistakes or learn new ways to do things.
- Rather be right than successful.
- Frequently comparing yourself to others and needing to come off better.
- Mistrust of any group beside the ones you belong to.
- Confusing fantasy with reality.
- Reluctance to ask for information as many times as you need to.
- Reluctance to ask for information at all.
- Expecting to be able to do things without having enough information.
- Wanting or expecting magical solutions or effects.
- Obsessed with needing to know “why.”
- Addictions. Co-dependency may be “drug” of choice.

### Activities that Support Growing Up Again in Stage IV

- Write your own story for this stage. Describe what probably happened to you and what you experienced and decided as if it were happening to someone else.
- Make a list of ten things you would like to do. Figure out if and when and how you can do each one with no discounting. (See Chapter V in *Growing Up Again* for examples of empowering.)
- Play Charades.
- Do the mirror exercise from Stage I.
- Ask lots of questions; ask why.
- Ask dumb questions you should know the answer to.
- Think about what to do when you are angry, scared, sad, glad. (See *Growing Up Again*, Page 152.)
- Find out about people's differences. Take surveys.
- Read your favorite fairy tale.
- Give or go to a costume party.
- Take an exercise class.
- See how many animal noises you can imitate.
- Join a men's group if you are a man or a women's group if you are a woman. Talk and think about your ideas of appropriate, healthy sex roles.
- Find out about a new job or career.
- Take an assertiveness workshop.
- Get a new mirror or use one you already have. Try on clothes that don't go together. Look in the mirror and laugh at yourself.
- Get a new fairy tale book and learn several new tales. Read them aloud or get someone to read them to you.
- Read a science fiction book, then go to the airport or shopping center and pretend the people there are the folks in the science fiction books. (The Ann McKaffrey Dragon books about Pern are especially good for this activity.)
- Read *Self-Esteem: A Family Affair*, Chapter V for help for yourself and your children of this age.





## Stage Five — Structure

From about 6 to about 12 years and forever after

It's important at this stage to learn more about Structure and install our own internal Structure. This includes understanding the need for rules, the freedom that comes from having appropriate rules, and the relevancy of rules. Examining the values on which our rules are based is important. Another major task of this stage is acquiring many kinds of skills.

### Clues to a Need for Adults to Grow Up Again in Stage V

- Having to be part of a gang.
- Only functioning well as a loner.
- Resenting being identified with any group.
- Having to follow rules to the letter of the law.
- Not understanding the relevance of rules.
- Angry at all rules.
- Not understanding the freedom that rules can give.
- Unwillingness to examine own values or morals.
- Having to always do it your way.
- Afraid to make mistakes.
- Not finishing things.
- Argumentative.
- Afraid to argue, or to differ.
- Unwilling to risk or to accept consequences of behavior.
- Lack of cause and effect thinking.
- Needing to be King or Queen of the Hill.
- Creating and living with clutter.
- Mixing fantasy and reality.
- Saying yes or no before thinking.
- Trusting the thinking of the group more than own thinking and intuition.
- Not knowing what is safe.
- Expecting to have to do things without knowing, finding out, being taught how.
- Having to do things by recipe, rote.
- Refusing to follow directions.

- Irresponsibility.
- Believing distress is a way of life.
- Never willing to be in sex role.
- Alcoholism, other addictions.
- Co-dependency.

You can think before you say yes or no and learn from your mistakes.

You can trust your intuition to help you decide what to do.

You can find a way of doing things that works for you.

You can learn the rules that help you live with others.

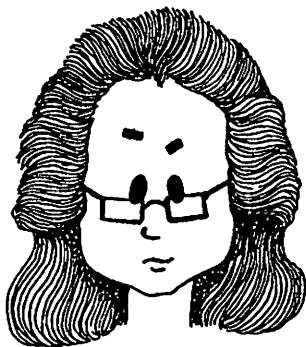
I love you even when we differ; I love growing with you.

You can think for yourself and get help instead of staying in distress.

You can learn when and how to disagree.

### Activities that Support Growing Up Again in Stage V

- Write your own story for this stage. Describe what probably happened to you and what you experienced and decided as if it were happening to someone else.
- Join a club and figure out what the rules are.
- Form a new club and organize some activities for it. Choose a name and a crest and a motto and have a password. Write the goals and the rules of the club.
- Survey your friends to find out what they do about something you take for granted. For example, what time they go to bed, when they pay their bills, how many organizations they belong to, how many places they have lived, how they divide household chores in their family.
- List twelve personal rules. Rank them in order of importance. Think of situations where each would be helpful and at least one situation where each one would not be helpful. Discuss this with your family, a friend, or your support group. See if you need to scrap some old rules and put in some new ones.
- Get a new recipe and follow it exactly. Then make up a new recipe of your own.
- Find a new hobby.
- Learn a new sport. Study the rules book.
- Learn proper telephone technique and effectiveness for a specific purpose: soliciting funds for charity, recruiting people to play volleyball, ending a conversation with someone who is long winded.
- If you are usually neat, be messy for half a day. If you are usually messy, clean up the mess in one area.
- Learn about healthy and unhealthy competition. (Read Lucie King's *How to Encourage Healthy Competition*. Winfield, Ill.: Thunderbird Circle, 1986.)
- Go to a church, synagogue, political party, union meeting or some place that will offer you some values that differ from yours. Notice if you hold your own values firmly, if you welcome new ideas, if you feel angry at, condescending toward, scared of people who disagree with you.
- Watch TV for one evening and list the morals and values presented. Also count the number of alcoholic drinks, cups of coffee or tea, soft drinks, water. Think about what that says to children. Think about what that says to adults.
- Read *Self-Esteem: A Family Affair*, Chapter VI for help for yourself and your family. Learn to do the Four Ways of Parenting exercise.



## Stage Six—Identity, Sexuality and Separation

From about 13 years to about 18 years and forever after  
The tasks of this stage focus on identity, separation, and sexuality.

### Clues to a Need for Adults to Grow Up Again in Stage VI

- Preoccupation with sex, body, clothes appearance, friends, sex role.
- Unsure of own values.
- Problems with starting and ending relationships, jobs, roles.
- Overdependence on family.
- Alienation from family.
- Excluding specific feelings.
- Irresponsibility.
- Trouble making and keeping commitments.
- Overdependency.
- Confuses sex and nurturing.
- Sways with the crowd.
- Reluctance to learn new skills, attitudes, behaviors.
- Unsure of maleness or femaleness or lovableness.
- Afraid to be on own.
- Afraid to be dependent.
- All clues from Stages I - V.
- Addictions.
- Co-dependency.

### Activities that Support Growing Up Again in Stage VI

- Write your own story for this stage. Describe what probably happened to you and what you experienced and decided as if it were happening to someone else.
- Go to a concert featuring the music from the decade you were an adolescent. Dance to the music of your youth.
- Write an essay starting "What I want most to accomplish in my life is . . ."
- Do something for a cause you believe in.
- Read a new book on philosophy.
- Have a long talk with a mentor about what is important to you.
- Get a new hair style, some new clothes, a new look.
- Get together with a group of the same sex friends and talk about sex. Tell sexy stories and talk about "cute guys" and "cute girls" or talk about how you left home when you were a teenager — how old, how you did it — and if your folks approved of what you did.
- Read a steamy novel.
- Go to a romantic movie or play.
- Separate from a person who hurts you.
- Join a support group.
- Improve your body image.
- Look in the *Help! for Parents of Teenagers* book. Read Ages and Stages to remember more about yourself as an adolescent. Open to any problem in the book and choose the way you wanted your parents to handle that. Visualize yourself getting that care. Use the book to help you and your teenager solve problems.
- Read *Self-Esteem: A Family Affair*, Chapter VII for help for yourself and your teenagers. Learn to do the Four Ways of Parenting and teach them how.

You can know who you are and learn and practice skills for independence.

You can learn the difference between sex and nurturing and be responsible for your needs, feelings, and behavior.

You can develop your own interests, relationships, and causes.

My love is always with you. I trust you to ask for my support.

I look forward to knowing you as an adult.

You can learn to use old skills in new ways.

You can grow in your maleness or femaleness and still be dependent at times.



## Book Review

**Recovery From Co-Dependency: It's Never Too Late To Reclaim Your Childhood** by Laurie Weiss and Jonathan B. Weiss, Deerfield Beach, FL: Health Communications, Inc., 1989.

In this book the Weiss' describe how to use a developmental model to aid recovery from co-dependency. *Recovery From Co-Dependency* covers the sources of co-dependence, the goals of treatment and a systematic treatment approach.

The authors of *Recovery From Co-Dependency* and *Growing Up Again* worked together during the writing of the manuscripts to develop these companion books, *Recovery From Co-Dependency* for the therapist and *Growing Up Again* for the lay person.

## Book and Material Resources

**Growing Up Again** by Jean Illsley Clarke and Connie Dawson is available:

- from your local bookstore for \$11.95.
- by calling Harper & Row (800 242-7737) for \$11.95
- by calling Hazelden Educational Materials (800 328-9000) (in MN 800 257-0070) for \$10.95.
- by calling J. I. Consultants (612 473-1840) for \$11.95.
- from the Canadian distributor for Jean's books published by Harper & Row: Harper & Collins Books of Canada, 100 Lesmill Rd., Don Mills, Ontario, Canada M3B 2T5 (416 445-8221).

**Affirmation Ovals, 139 Ways to Give & Get Affirmations** by Jean Illsley Clarke and Carole Gesme, Daisy Press, 16535 9th Ave N, Plymouth, MN 55447 (612 473-1840), 1988.

**Help! for Parents** by Jean Illsley Clarke, et al, San Francisco, CA: Harper & Row, 1986.

**The Important Infants, Stage I, The Wonderful Busy Ones, Stage II, The Terrific Twos, Stage III and Super Heroes and Super Heroines, Stage IV** (Developmental audio cassettes) by Jean Illsley Clarke, Daisy Press, 16535 9th Ave. N., Minneapolis, MN 55447. (612 473-1840).

**Sing Yes! (Affirmation Songs)** by Darrell Faires, Shalom Publications, 7225 Berkridge Drive, Hazelwood, MO 63042. (314 521-6051).

**The Right To Fly Tapes** (Trance, affirmation and guidelines tapes) by Brian Lee Ford, PhD and Carol Poole, 1121 112th NE, Bellevue, WA 98004. (206 725-7573). (See WE, Vol. 9, No. 1)

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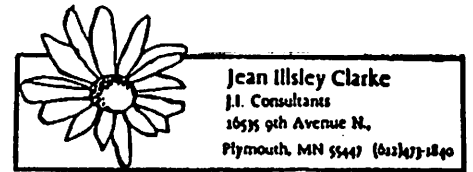
16535 9th Avenue N.  
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- Ideas and activities or materials to use individually or in support groups.

\$15.00 per year (6 issues)  
\$20.00 American in  
Canada and Europe  
\$25.00 in Australia

**newsletter for support and learning groups**





1. My expectations for the session were:
2. I learned that:
3. As a result of the sessions, I plan to change my behavior in these two ways:
4. The two session activities or experiences which I would rate most valuable are:
5. The two session activities or experiences which I would rate least valuable are:
6. The areas to which I would like more attention given are:
7. I would rate the sessions as a whole as: 0 1 2 3 4 5 6 7 8 9 10  
poor excellent
8. Two ways I contributed to the group tasks:
9. My participation level for the session was: 0 1 2 3 4 5 6 7 8 9 10  
low excellent
10. My goals were, were not met.
11. Strokes for the leaders: