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NAME: _____ DATE: _____

GRAMMAR WORKSHEET

REFLEXIVE PRONOUNS



I	helped	myself.
You		yourself.
He		himself.
She		herself.
It		itself.
You (plural)		yourselves.
We		ourselves.
They		themselves.

We use a reflexive pronoun to refer back to the subject of the sentence or clause. Reflexive pronouns end in "-self" (singular) or "-selves" (plural).

We can also use reflexive pronouns for emphasis (as "intensive pronouns"). For example, "I did the homework myself" emphasizes the fact that nobody helped me to do my homework.

• Complete each of the sentences below.

1. My brother likes to practice his English by talking to himself.
2. James wasn't careful and he cut _____ with a knife.
3. My sister and I looked at _____ in the mirror.
4. The repair shop was closed, so I fixed the car _____.
5. Did you enjoy _____ at the party last night?
6. Cats can get clean by licking _____.
7. (A) Did the cleaners cleaned the house? (B) No, I did it _____!
8. Mr. Smith burned _____ while he was cooking.
9. He dried _____ after he took a shower and went downstairs.
10. Can you teach _____ to play the piano?
11. My little sister dressed _____. She didn't need any help.
12. Why is your dog scratching _____? Does it have fleas?
13. John and Thomas, did you ask _____ the question?
14. Mrs. Brown, please help _____ to the cookies and drinks.
15. I introduced _____ to my new classmates.

Worksheets PDF Name: _____
Teaching Resources Date: _____

BEACH CROSSWORD

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What's your nationality?

What's your favourite colour?

What's your favourite school subject?

What's your favourite food?

What are your hobbies?

How old are you?
I'm _____

Have you got a big family?

How many brothers and sisters have you got?

What are their names?

When I am angry, I CAN stop and think about how my actions will affect me and those around me.



How does being an angry bird hurt myself and others?

When I am angry, I CAN ask for help to calm down. Sometimes an adult will help me if I can't calm down on my own.



Who are some people that can help me calm down when I am angry?

Name: _____

Amazing Adjectives

Directons: Circle the adjectives.

new	happy	car	mean
dog	leg	great	sad
bike	bright	radio	apple
good	cat	stinky	nice
child	ugly	finger	pretty
sweet	book	smart	milk
dark	jar	first	arm
last	banana	silly	house
mother	small	laptop	sour

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Forgive yourself worksheet.

1. January 2002. F. Forever value the relationship. This Self-Forgiveness Letter Template offers a four-step approach to crafting your own self-forgiveness narrative and begin to move forward. Stone, D., Patton, B. Mindfulness Also positively linked to forgiveness, especially when it comes to forgiveness towards others, not as much with forgiveness directed toward self or situation. Then we can engage in a discussion on whether or not we feel forgiven for the offense. (2000). D., & Joseph, S. Don't forget to download our 3 Emotional Intelligence Exercises for free. Forgiveness of transgressions in close relationships: Moving from self-interested impulses to relationship-oriented actions. *Moving Toward Self-Forgiveness* The inability to move past guilt and self-doubt can take its toll on our daily lives. The therapist can give prompts to think of whether the client offended a parent, teacher, romantic partner, friend, or coworker. 8. Thayer, J., & Strong, J. VOL. Forgiveness-Seeking Motives and Behaviors. These times can be difficult to recall. We can pick a family member to be the forgiver and ask them to describe a particular person that they blame for something hurtful. 4 Ds of Forgiveness The process of forgiveness can take place both internally and externally. Both strategies might be simultaneously or sequentially employed. Sympathy for the Transgressor Sometimes it will simply be impossible to empathize with the transgressor, particularly in case of unexpected betrayals or heinous harms. S: Say we will never do it again. Forgiveness and Its Associations With Prosocial Thinking, Feeling, and Doing Beyond the Relationship With the Offender. Henderson, M. Life Talks 2015 Richard Moore (Video file). However uncomfortable, we need to ask if there is anything that can be done to make up for the wrongdoing but must resist making suggestions of restitution as people understand love in different ways and value different things as an expression of it. Cultural context becomes important here and discussion on collective memory can play a role as the social sense of self can be developed only in relation to others (Ozawa-de Silva, 2006). Write a Forgiveness Letter Write about a time when we were hurt in a letter that we may or may not ever send to the person who hurt us. Did the person want to help me, correct me, or have in mind that he or she thought would be good for me, but his or her behavior did not have that effect? (2013c). Describe the thoughts or past actions associated with your negative emotions. M., & Cohen, A. It is important to express how resolving the relationship problems is more valuable to us than winning or being right and are willing to offer to sacrifice whatever is necessary to resolve the difficulty. Forgiveness is an emotion-focused coping strategy that can reduce health risks and promote health resilience: Theory, review, and hypotheses. 26. No. 2. 2007, pp. 4 Ds of Forgiveness invites the reader to consider the transgression and their decision to forgive from several perspectives: emotionally, psychologically, practically, and behaviorally. How did we feel after we were forgiven? E., Kumashiro, M., & Hannon, P. We are told that making a good confession of one's wrongdoing requires the following elements: C: Confession without an excuse: we must say that we did wrong and name the wrongdoing specifically. Singer, T., & Lamm, C. Psychotherapy and religion in Japan: The Japanese introspection practice of Naikan. *Psychological Science*, 12(2), 117-123. Naikan retreats start by focusing on the three questions: What have you received? They first focus on the individual's relationship to the mother and then expand outwards to other relationships. Emotional Replacement Replacing negative unforgiving emotions gradually with positive other-oriented emotions is facilitated by experiencing other self-forgiveful positive emotions. 621-637. Whether you are able to make amends for your actions or not, Moving Toward Self-Forgiveness may be a valuable resource in helping you begin the journey. Alternatively, a victim can lower expectations about the ideal outcome. New York: Oxford University Press. 73. No. 2, 321-336 McCullough, M. Journal of Personality and Social Psychology 82(6):956-74 Fredrickson, B. American Psychological Association, (2006). Roleplay Forgiveness Forgiveness can also be practiced through roleplay. What are your thoughts on the forgiveness process? O: Offer of a genuine apology. Deepening: Discovering meaning in the event and how you have grown from it. If we do not feel that we've been forgiven, we may be helpful to talk about how we might ask for forgiveness. A victim can introduce more justice by changing how one perceives things as they currently are. If one spots rumination quickly, he or she can usually short-circuit the rumination before it gets revved up. The client describes his or her complaint as if the offender were there. Particularly, struggling to forgive ourselves for our actions can be damaging to self-esteem; the more we suffer, the greater the potential impacts on our productivity, mood, and state of mind. Self-Forgiveness Letter Template Painful guilt, self-blame, or regret can often hold us back from growing stronger when we're the ones who need forgiveness. Difficult conversations: how to discuss what matters most. R. Sometimes, in the spirit of problem-focused coping, a person might seek redress for injustice. Brown, B. Fincham, F. W. Below we have compiled 24 tips, activities and exercises that hopefully can be used to help find some effective ways to start the process of forgiveness today. *Annals of the New York Academy of Sciences*, 1156, 81-96. Journal of Personality and Social Psychology. 5. Forgiveness: A Sampling of Research Results. New York, NY: Harmony Books Hall, J., & Fincham, F. (n.d.). The objective is to allow the person to express both sides of the conversation personally, and thus experience empathy. It requires sustained effort and commitment and is often more difficult than giving into unforgiveness. (2013). Thayer's Greek-English Lexicon of the New Testament. Coded with Strong's Concordance Numbers. Lessen the Injustice Gap To reduce the perceived injustice gap and unforgiveness people often attempt to cope through problem-solving or regulating emotions by self-soothing, avoiding the thoughts, replacing of negative with positive emotions, and finding meaning. (1960). 448-472 Tullisjan, P. The traditional and most rigorous form of Naikan involves a degree of sensory deprivation and isolation and is practiced in Naikan centers for a duration of one week. & Hein, S. Reprinted, 2008 Ruffing E.G., Moon S.H., Krier J., Paine D.R., Wolff E., Sandage S.J. (2017) Self-Forgiveness in Couple and Family Therapy. *Forgiveness Questionnaires* Forgiveness has been investigated through many methods of assessment and these measurements can be grouped into three types of forgiveness scales: dispositional forgiveness, episodic forgiveness, and dyadic forgiveness. It requires sustained effort and commitment. (2015). (2002). "Separation Anxiety". (eds) Handbook of the Psychology of Self-Forgiveness. 2008 Feb;94(2):307-19. R., & Kelley, D. I. Naikan Therapy Naikan Therapy focuses on distinguishing between first the actual memories we have, second the interpretations we give them, and finally how we understand the sense of self as a result. For example, a simplified form of Naikan therapy could involve asking the intervention participants to journal daily for one week answering the three Naikan questions after a brief version of loving-kindness meditation. Often, writing a letter of self-forgiveness can help with that healing, and give us a chance to cultivate a more compassionate relationship with ourselves. New York, NY: Penguin Books. *Journal of Social and Clinical Psychology*; Apr 2006; 25, 4. Psychology Module pg. (2016). Michael Henderson. Retrieved from Neff, K. One model for seeking forgiveness called CONFESSing and proposed by Worthington has 7 elements for how to communicate when one is being forgiven (2003). 24. No. 5, 2005, pp. What emotions might he have been feeling? E., vanOyen Witvliet, C. (September 1, 2004). While we may not be to blame for a past event, we are responsible for its current impact - accepting this is an important first step in moving forward from past hurt. A. Very Happy People. Gottman, J. D., Beach, S. We can recall a time when we hurt someone else, either intentionally or accidentally. Although not easy, the intent of this intervention is to stimulate even the smallest amount of thoughts of compassion toward the transgressor (Worthington & Scherer, 2004). E., Worthington, E.L., & Rachal, K.C. (1997). (2003). A realistic and legitimate goal in those cases will be simply the cultivation of sympathy. xi 358 pp., Woodyatt, L., Worthington, E. Journal of Consulting And Clinical Psychology, 74(5), 887-897. Forgiving communication as a response to relational transgressions. We need to also express how we will never try to hurt him or her in the same way ever again. (2013, January 4). The client then moves to the empty chair and responds from the point of view of the offender. If we feel we've been forgiven, there are benefits to reflecting on this further by asking questions like: How do we know we've been forgiven? (2014). Robinson, B. Here are a few exercises that can help when it feels too hard to forgive. Moore, R. Maio, G. Most importantly, we must get across the idea that we are truly remorseful and contrite, ashamed, guilty, and disappointed, even if we do not say explicitly the words "I'm sorry". The key is to communicate the sadness and sorrow for having done the hurtful or offensive act. Springer, Cham Fincham, F. Retrieved from vanOyen Witvliet, C., Ludwig, T. Self-Forgiveness: the Stepchild of Forgiveness Research. If you have any other tips or activities, please feel free to share them in the comments section.
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little guidance in how to go about it. This exercise involves: Specifically defining what you'd like to forgive yourself for Identifying the negative emotions you'd like to release Acknowledging the benefits of self-forgiveness - for yourself, and for others, and Making a dedicated commitment to forgive yourself and accept the benefits that come with it.

Any suffering and pain that you feel now lies in your hands. Past: What were the background factors contributing to the person acting the way he or she did? Empty Chair Technique One of the most effective ways to help a client experience empathy is to use the empty-chair technique. How might you correct or amend your current situation? Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live Diener, E., & Seligman, M. 41: 89-113. Interpersonal forgiveness, while not necessarily required, can involve trying to put ourselves in the wrongdoer's shoes and seeing things from their perspective. The 4 Ds of Forgiveness introduces four steps through the forgiveness process, and the reader is encouraged to reflect and write their responses. Forgiveness therapy: An empirical guide for resolving anger and restoring hope. The Choice to Forgive. Retrieved from Karremans, J. But, perhaps we can control some of the anger and fear. Internally, we go through emotional changes in which negative feelings and thoughts are let go of - we decide to put our hurt, anger, and resentment in the past. One study found that forgiving on one day resulted in participants reporting higher levels of happiness on the next day (Witvliet, 2001; Worthington, 2004). Healing anger: The power of patience from a Buddhist perspective. For more guidelines to help you write a self-directed letter of forgiveness, this Forgiveness Letter exercise may be highly valuable. Retrieved from Webb, J., Phillips, T., Bumgarner, D., & Conway-Williams, E. 8 Tips and Techniques for When It Feels Too Hard to Forgive Forgiveness is a complex process of change, and although beneficial it cannot be accomplished by simple means. Writing about the benefits of an interpersonal transgression facilitates forgiveness. It helps to pay attention to emotions we are feeling as we do the role-play and even try on the facial expressions that we might have when expressing forgiveness. E., Root, L. Lopez & C. M., & Holland, R. Journal of Social and Clinical Psychology, Vol. (1999). Three other recently developed instruments for adults are described and presented in their entirety in the book The Forgiving Life (Enright, 2012): the Forgiveness Landscape Rating Scale, the Personal Forgiveness Scale, and the Forgiveness Guidepost Form. Volume: 22 Issue: 6, page(s): 723-742 Issue published: December 1, 2005 Washington, DC, US: American Psychological Association. Try Moving Toward Self-Forgiveness by clicking the link. We can use five prompts and write the five Ps on a sheet of paper as a cue: Pressures: What were the situational pressures that made the person behave the way he or she did? Cultivating forgiveness promotes mindfulness and therefore better health. If that's not possible, how might you make it better? Clients are basically directed to reflect on their past to recall times in which they offended another but were forgiven. Often, it can help us feel more positive toward ourselves and the person we are trying to forgive. To find out more on why forgiving others can be the best thing you can do for yourself, be sure to check out our other articles on the topic. In fact, it had just the opposite effect (Worthington, 2004). The steps are: Taking Responsibility Showing Remorse Rectifying Mistakes, and Releasing Past Hurt All you will need is a quiet place and some time to reflect on the past actions that are holding you back, as well as how you might go about forgiving yourself for the hurt you currently feel. Forgiveness worksheets provide prompts that can help with emotional and cognitive processing of hurts, rewriting the narrative of transgression, and practicing of perspective taking, among other benefits. State what we wish the offender had done instead. What did we learn from the whole ordeal? (2009). P., (2002). (2013b). We can perceive the transgression as a hurt or an offense and respond to it with anger or fear. Journal Of Personality And Social Psychology, 84(2), 377-389. There are viable substitutes for the sensory deprivation of Naikan therapy and the intensity of the contemplative practice of Buddhist meditation. v.

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