

HLAG 4-1

THE PROS AND CONS OF ADVICE GIVEN

INSTRUCTIONS: Concentrate first on any advice you have been given about the earliest losses of your life. List at least three such events by first indicating whether the advice or action was positive or negative. Then give a brief description. If it was a negative event, explain how you have adjusted and learned from the situation. After this, complete the rest of the page with any other similar issues which have occurred during any period of your life. Include the advice you gave to yourself. Use the examples as suggestions.

TYPE	SITUATION AND ADVICE GIVEN	WHAT I LEARNED FROM IT
Ex. Positive	Support from mother after being molested by her boyfriend	There are people who care.
Ex. Negative	Mother not believing that her daughter had been molested	Mother was overwhelmed and did not know what to do. Came to realize it was mother's problem, not mine.
Ex. Negative	Stepson told he is no good and never will be any good	I am good, it was my family that was dysfunctional.