



Purpose

To give you an idea of whether you get the strokes you need.

Results

You will identify what you feel you deserve strokes for. You will become aware of where your needs are met and where they are not. You will gain a greater understanding of when and why you feel happy or unhappy.

How to do the exercise

1. On the next page, write down everything you feel you deserve strokes for – both at home and at work.

The list should include everything good you do and that you can think of – as well as all your positive qualities and skills.

Make an effort to find the good things about yourself – even the small things. Include everything which you feel deep down that you deserve strokes for, even if ordinarily you are not particularly aware of these things.

2. Assess your list carefully. Put a plus, minus or zero in the space besides each example using the guidelines in the box below.

You can vary your assessment by using more pluses, minuses or zeros.

3. Look at the overall picture. What is the relationship between the pluses, minuses and zeros? If you have a surplus of pluses, it indicates that you have a positive stroke balance. If you have too many minuses and zeros, you should work at getting more positive strokes.

4. Do this exercise with the people you live and work with: your partner, members of your family, your boss, your colleagues, your staff. Let them draw up their own lists of things they feel they deserve strokes for, for example from you.

Exchanging lists and then discussing them can significantly contribute to mutual understanding:

- Why are we the way we are?
- Why do we do what we do?
- How can we avoid hurting each other?
- What can we do to make each other happy?
- How can we strengthen each other's self-esteem?

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When you feel that:

- your efforts are rewarded with lots of attention.
- your qualities and skills are appreciated by others and they show their acknowledgement.

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When you feel that:

- you receive too little attention for your efforts.
- you are criticised for your behaviour and interest, even if you feel that you are doing your best.

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When you feel that:

- you don't receive any attention at all.
- other people have no idea of what you are doing, and they're not interested in knowing either.
- no one is interested in your world in this respect.

At home	Assessment +/-/0	At work	Assessment +/-/0
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	
11		11	
12		12	
13		13	
14		14	
15		15	
16		16	
17		17	
18		18	
19		19	
20		20	