

# EXERCISE 11: My stroke balance

## Purpose:

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

## Result:

You will be able to identify what you feel you deserve strokes for. You will become aware of where your needs are met and where they are not being met. You will gain a better 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 that you do – as well as all your positive qualities and abilities. Make an effort to think of good things about yourself – even the small things. Include everything which you feel deep down inside that you deserve strokes for, even if ordinarily you are not particularly aware of these things.

2. Examine your list carefully. Put a plus, minus or zero in the space besides each example using the following guidelines:



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.



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.



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 area.

Evaluate your situation by balancing the 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 husband/wife, members of your family, your boss, your colleagues, your employees. Let them draw up their own lists of things they feel they deserve strokes for.

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?
- How can we make each other happy?
- How can we strengthen each other's self-esteem?

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