

# ABOUT ME WORKSHEET ADULTS

## ABOUT ME WORKSHEET ADULTS: UNLOCKING SELF-DISCOVERY AND PERSONAL BRANDING

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**KEYWORDS:** ABOUT ME WORKSHEET ADULTS, SELF-REFLECTION WORKSHEET ADULTS, PERSONAL DEVELOPMENT WORKSHEET, SELF-DISCOVERY WORKSHEET, ABOUT ME ACTIVITY ADULTS, PERSONAL BRANDING WORKSHEET, ADULT SELF-ASSESSMENT, SELF-AWARENESS EXERCISES, INTROSPECTIVE WORKSHEET, RESUME SELF SUMMARY, ABOUT ME TEMPLATE ADULTS.

**SUMMARY:** THIS COMPREHENSIVE GUIDE EXPLORES THE POWER OF "ABOUT ME WORKSHEET ADULTS" AS A TOOL FOR SELF-DISCOVERY, PERSONAL BRANDING, AND PROFESSIONAL DEVELOPMENT. WE'LL DELVE INTO VARIOUS METHODOLOGIES, PRACTICAL EXERCISES, AND TEMPLATES TO HELP ADULTS EFFECTIVELY UTILIZE THESE WORKSHEETS FOR INTROSPECTION, GOAL SETTING, AND COMMUNICATING THEIR UNIQUE VALUE PROPOSITION. WE WILL ALSO COVER HOW TO ADAPT THESE WORKSHEETS FOR DIFFERENT PURPOSES, FROM CAREER ADVANCEMENT TO PERSONAL RELATIONSHIPS.

### 1. UNDERSTANDING THE POWER OF "ABOUT ME WORKSHEET ADULTS"

AN "ABOUT ME WORKSHEET ADULTS" IS MORE THAN JUST A SIMPLE EXERCISE; IT'S A STRUCTURED APPROACH TO SELF-REFLECTION AND PERSONAL BRANDING. UNLIKE CHILDHOOD VERSIONS, THESE WORKSHEETS ARE DESIGNED TO CATER TO THE COMPLEX NEEDS AND EXPERIENCES OF ADULTS. THEY PROVIDE A FOCUSED FRAMEWORK FOR INTROSPECTION, HELPING INDIVIDUALS ARTICULATE THEIR STRENGTHS, VALUES, GOALS, AND ASPIRATIONS. THIS PROCESS IS CRUCIAL FOR SEVERAL REASONS:

**ENHANCED SELF-AWARENESS:** COMPLETING AN "ABOUT ME WORKSHEET ADULTS" ENCOURAGES DEEP SELF-REFLECTION, LEADING TO A GREATER UNDERSTANDING OF PERSONAL STRENGTHS, WEAKNESSES, VALUES, AND BELIEFS. THIS ENHANCED SELF-AWARENESS IS FOUNDATIONAL FOR PERSONAL GROWTH AND EFFECTIVE DECISION-MAKING.

**IMPROVED COMMUNICATION:** ARTICULATING YOUR PERSONAL NARRATIVE ON PAPER ALLOWS YOU TO REFINE YOUR SELF-PRESENTATION AND COMMUNICATION SKILLS. THIS IS INVALUABLE FOR NETWORKING, JOB INTERVIEWS, AND BUILDING MEANINGFUL RELATIONSHIPS.

**GOAL SETTING AND ACHIEVEMENT:** BY IDENTIFYING YOUR ASPIRATIONS AND VALUES, AN "ABOUT ME WORKSHEET ADULTS" FACILITATES THE SETTING OF REALISTIC AND MEANINGFUL GOALS, PAVING THE WAY FOR PERSONAL AND PROFESSIONAL SUCCESS.

**BUILDING CONFIDENCE:** THE PROCESS OF ACKNOWLEDGING AND CELEBRATING YOUR ACCOMPLISHMENTS AND STRENGTHS CONTRIBUTES SIGNIFICANTLY TO INCREASED SELF-CONFIDENCE AND SELF-ESTEEM.

**STRENGTHENING PERSONAL BRAND:** IN TODAY'S COMPETITIVE LANDSCAPE, HAVING A CLEAR AND COMPELLING PERSONAL BRAND IS ESSENTIAL. AN "ABOUT ME WORKSHEET ADULTS" HELPS YOU CRAFT THAT BRAND BY IDENTIFYING YOUR UNIQUE SELLING POINTS AND COMMUNICATING THEM EFFECTIVELY.

## 2. METHODOLOGIES AND APPROACHES FOR "ABOUT ME WORKSHEET ADULTS"

DIFFERENT APPROACHES CAN BE EMPLOYED WHEN UTILIZING AN "ABOUT ME WORKSHEET ADULTS." HERE ARE SOME EFFECTIVE METHODOLOGIES:

A) THE SKILLS-BASED APPROACH: THIS METHODOLOGY FOCUSES ON IDENTIFYING AND DOCUMENTING YOUR SKILLS, BOTH HARD AND SOFT. THIS IS PARTICULARLY USEFUL FOR CAREER DEVELOPMENT AND JOB APPLICATIONS. THE WORKSHEET PROMPTS MIGHT INCLUDE:

LIST YOUR TOP 5 HARD SKILLS (E.G., PROGRAMMING, PROJECT MANAGEMENT, DATA ANALYSIS).

LIST YOUR TOP 5 SOFT SKILLS (E.G., COMMUNICATION, TEAMWORK, PROBLEM-SOLVING).

PROVIDE EXAMPLES DEMONSTRATING YOUR PROFICIENCY IN EACH SKILL.

IDENTIFY AREAS WHERE YOU'D LIKE TO IMPROVE YOUR SKILLS.

B) THE VALUES-BASED APPROACH: THIS APPROACH EMPHASIZES IDENTIFYING YOUR CORE VALUES AND ALIGNING YOUR ACTIONS WITH THEM. IT PROMOTES A MORE FULFILLING AND MEANINGFUL LIFE. WORKSHEET PROMPTS MIGHT INCLUDE:

LIST 5-10 VALUES THAT ARE MOST IMPORTANT TO YOU (E.G., HONESTY, CREATIVITY, FAMILY, GROWTH).

PROVIDE EXAMPLES OF HOW YOU'VE DEMONSTRATED THESE VALUES IN YOUR LIFE.

IDENTIFY AREAS WHERE YOU CAN BETTER ALIGN YOUR ACTIONS WITH YOUR VALUES.

C) THE GOAL-ORIENTED APPROACH: THIS METHOD FOCUSES ON SETTING CLEAR, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND (SMART) GOALS. IT'S AN EXCELLENT APPROACH FOR BOTH PERSONAL AND PROFESSIONAL DEVELOPMENT. THE WORKSHEET MIGHT INCLUDE PROMPTS SUCH AS:

IDENTIFY 3-5 SHORT-TERM GOALS (WITHIN THE NEXT YEAR).

IDENTIFY 3-5 LONG-TERM GOALS (WITHIN THE NEXT 5-10 YEARS).

OUTLINE SPECIFIC STEPS NEEDED TO ACHIEVE EACH GOAL.

IDENTIFY POTENTIAL OBSTACLES AND STRATEGIES TO OVERCOME THEM.

D) THE NARRATIVE APPROACH: THIS INVOLVES CRAFTING A CONCISE AND COMPELLING STORY ABOUT YOURSELF, HIGHLIGHTING YOUR KEY EXPERIENCES, ACHIEVEMENTS, AND ASPIRATIONS. THIS APPROACH IS PERFECT FOR CRAFTING A COMPELLING PERSONAL BRAND STATEMENT OR ELEVATOR PITCH.

## 3. PRACTICAL EXERCISES AND TEMPLATES FOR "ABOUT ME WORKSHEET ADULTS"

TO MAKE THE PROCESS MORE EFFECTIVE, CONSIDER UTILIZING THESE PRACTICAL EXERCISES AND TEMPLATES:

EXERCISE 1: THE SWOT ANALYSIS: CONDUCT A SWOT ANALYSIS (STRENGTHS, WEAKNESSES, OPPORTUNITIES, THREATS) OF YOUR PERSONAL AND PROFESSIONAL LIFE. THIS EXERCISE HELPS YOU IDENTIFY AREAS FOR IMPROVEMENT AND CAPITALIZE ON YOUR STRENGTHS.

EXERCISE 2: THE TIMELINE EXERCISE: CREATE A TIMELINE OF YOUR LIFE, HIGHLIGHTING KEY ACHIEVEMENTS, CHALLENGES, AND LEARNING EXPERIENCES. THIS HELPS YOU UNDERSTAND YOUR PERSONAL JOURNEY AND IDENTIFY RECURRING PATTERNS.

TEMPLATE 1: THE BASIC "ABOUT ME" TEMPLATE: THIS TEMPLATE INCLUDES SIMPLE PROMPTS SUCH AS:

FULL NAME:

AGE:

PROFESSION/OCCUPATION:

INTERESTS AND HOBBIES:

STRENGTHS:

GOALS:

TEMPLATE 2: THE EXPANDED "ABOUT ME" TEMPLATE: THIS TEMPLATE INCLUDES MORE DETAILED PROMPTS, INCORPORATING ELEMENTS FROM THE DIFFERENT METHODOLOGIES DISCUSSED ABOVE.

## 4. ADAPTING "ABOUT ME WORKSHEET ADULTS" FOR DIFFERENT PURPOSES

"ABOUT ME WORKSHEET ADULTS" ARE VERSATILE TOOLS ADAPTABLE TO VARIOUS SITUATIONS:

JOB APPLICATIONS: TAILOR THE WORKSHEET TO HIGHLIGHT RELEVANT SKILLS AND EXPERIENCES.

NETWORKING EVENTS: PREPARE CONCISE ANSWERS BASED ON YOUR WORKSHEET TO EFFECTIVELY COMMUNICATE YOUR VALUE PROPOSITION.

THERAPY SESSIONS: USE THE WORKSHEET AS A TOOL FOR SELF-REFLECTION AND IDENTIFYING AREAS NEEDING ATTENTION.

PERSONAL GOAL SETTING: UTILIZE THE WORKSHEET TO CREATE A ROADMAP FOR PERSONAL GROWTH AND FULFILLMENT.

## CONCLUSION

"ABOUT ME WORKSHEET ADULTS" OFFER A POWERFUL AND VERSATILE TOOL FOR SELF-DISCOVERY, PERSONAL BRANDING, AND PROFESSIONAL DEVELOPMENT. BY UTILIZING THE VARIOUS METHODOLOGIES AND TEMPLATES DISCUSSED IN THIS GUIDE, ADULTS CAN EFFECTIVELY HARNESS THE POWER OF SELF-REFLECTION TO UNLOCK THEIR FULL POTENTIAL AND ACHIEVE THEIR GOALS. REMEMBER THAT THE PROCESS IS ITERATIVE; REVISIT AND REFINE YOUR ANSWERS AS YOU GROW AND EVOLVE.

## FAQs

1. WHAT IS THE DIFFERENCE BETWEEN AN "ABOUT ME" WORKSHEET FOR ADULTS AND CHILDREN? ADULT WORKSHEETS ARE MORE NUANCED, FOCUSING ON COMPLEX SKILLS, VALUES, AND LIFE EXPERIENCES, UNLIKE SIMPLER CHILD VERSIONS.
1. HOW OFTEN SHOULD I COMPLETE AN "ABOUT ME" WORKSHEET? IDEALLY, REVISIT IT ANNUALLY OR WHENEVER YOU EXPERIENCE SIGNIFICANT LIFE CHANGES.
1. CAN I USE AN "ABOUT ME" WORKSHEET FOR CAREER PURPOSES? ABSOLUTELY! ADAPT IT TO HIGHLIGHT RELEVANT SKILLS AND EXPERIENCE FOR JOB APPLICATIONS.
1. IS IT NECESSARY TO BE COMPLETELY HONEST WHEN COMPLETING THE WORKSHEET? YES, HONESTY IS CRUCIAL FOR EFFECTIVE SELF-REFLECTION AND PERSONAL GROWTH.
1. WHAT IF I STRUGGLE TO IDENTIFY MY STRENGTHS? SEEK FEEDBACK FROM TRUSTED FRIENDS, FAMILY, OR COLLEAGUES.
1. CAN I USE THIS WORKSHEET FOR PERSONAL RELATIONSHIPS? YES, UNDERSTANDING YOURSELF BETTER CAN IMPROVE YOUR RELATIONSHIPS.
1. ARE THERE ANY ONLINE RESOURCES TO HELP ME CREATE MY OWN WORKSHEET? NUMEROUS TEMPLATES ARE AVAILABLE ONLINE THROUGH SEARCH ENGINES.

1. HOW CAN I MAKE THE WORKSHEET MORE ENGAGING? USE VISUALS, MIND MAPS, OR CREATIVE WRITING TECHNIQUES.

1. WHAT IF I FEEL OVERWHELMED BY THE PROCESS? BREAK IT DOWN INTO SMALLER, MORE MANAGEABLE TASKS.

## RELATED ARTICLES:

1. MASTERING THE ART OF SELF-REFLECTION FOR ADULTS: A GUIDE TO DEVELOPING EFFECTIVE SELF-REFLECTION HABITS FOR PERSONAL AND PROFESSIONAL GROWTH.

1. UNLOCKING YOUR POTENTIAL: A GUIDE TO PERSONAL DEVELOPMENT FOR ADULTS: EXPLORES VARIOUS STRATEGIES AND TECHNIQUES FOR PERSONAL GROWTH.

1. BUILDING A POWERFUL PERSONAL BRAND: STRATEGIES FOR ADULTS: FOCUSES ON DEVELOPING A STRONG PERSONAL BRAND FOR CAREER SUCCESS.

1. EFFECTIVE GOAL SETTING TECHNIQUES FOR ADULTS: PROVIDES A DETAILED GUIDE ON SETTING AND ACHIEVING SMART GOALS.

1. OVERCOMING SELF-DOUBT AND BUILDING SELF-CONFIDENCE: OFFERS PRACTICAL STRATEGIES FOR BOOSTING SELF-ESTEEM.

1. THE IMPORTANCE OF SELF-AWARENESS IN ADULT RELATIONSHIPS: EXPLORES THE ROLE OF SELF-AWARENESS IN FOSTERING HEALTHY RELATIONSHIPS.

1. USING SWOT ANALYSIS FOR PERSONAL AND PROFESSIONAL GROWTH: A DETAILED GUIDE TO CONDUCTING A SWOT ANALYSIS FOR SELF-IMPROVEMENT.

1. CREATING A COMPELLING PERSONAL NARRATIVE: PROVIDES TECHNIQUES FOR CRAFTING A COMPELLING STORY ABOUT YOURSELF.

# 1. THE POWER OF VALUES CLARIFICATION IN ADULT LIFE: EXPLORES THE IMPORTANCE OF IDENTIFYING AND ALIGNING YOUR ACTIONS WITH YOUR CORE VALUES.

📄 **about me worksheet adults:** *Talkabout for Adults* Alex Kelly, 2017-07-05 *alkabout Adults* is a practical resource to help therapists or support staff to develop self-awareness and self-esteem in adults. It has been particularly aimed at adults with an intellectual disability (learning disability) or older children with special needs. It has been adapted from the *Talkabout for Children: developing self-awareness and self-esteem* book to be suitable for an older audience. This means that some of the activities are almost identical but a number of them have been adapted to be more appropriate. There are also some new activities such as the 'A book about me.' which enables the adults to make up a book over the course of the sessions that will summarise some key personal facts. This can work well as an addition to a communication passport or equivalent, or can stand alone as an alternative. *Talkabout for Adults* is a stand-alone resource with approximately a year's worth of activities to develop self-awareness and self-esteem. It has 50 activities to do with adults and it has been successfully piloted at Speaking Space. It includes: a short assessment of self-awareness and self-esteem; a year's worth of work on self-awareness and self-esteem including 50 activities and some worksheets; practical suggestions to make your group work successful including 25 group cohesion activities, a plan for intervention, and forms for monitoring and evaluation. This resource continues to use the *Talkabout* hierarchical approach to teaching skills, that is, basic self-awareness skills are taught prior to more complex skills such as social skills and friendship skills. This also means that this resource is designed to be used logically from topic 1 through to topic 8. Most of the activities are more suited to working in a group setting but some of them can be adapted for one-to-one work. Alex Kelly is a speech and language therapist who specialises in working with children who have low self esteem, and difficulty with their social skills and friendship skills. She spent 23 years working as a speech and language therapist in the NNHS but now runs her own company - Alex Kelly Ltd. She provides social skills training and consultancy to schools and organisations across the UK and overseas. Her company also provides speech and language therapy in a number of special schools in eh south of England.

**about me worksheet adults:** *The Happiness Trap* Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

**about me worksheet adults:** *Running on Empty* Jonice Webb, 2012-10-01 A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They

feel flawed, and blame themselves. Running on Empty will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

**about me worksheet adults: ACT with Love** Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of ACT with Love, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. ACT with Love will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

**about me worksheet adults: When the Adults Change, Everything Changes** Paul Dix, 2017-06-06 You can buy in the best behaviour tracking software, introduce 24/7 detentions or scream 'NO EXCUSES' as often as you want but ultimately the solution lies with the behaviour of the adults. It is the only behaviour over which we have absolute control. Drawing on anecdotal case studies, scripted interventions and approaches which have been tried and tested in a range of contexts, from the most challenging urban comprehensives to the most privileged international schools, behaviour training expert and Pivotal Education director Paul Dix advocates an inclusive approach that is practical, transformative and rippling with respect for staff and learners. An approach in which behavioural expectations and boundaries are exemplified by people, not by a thousand rules that nobody can recall. When the Adults Change, Everything Changes illustrates how, with their traditional sanction- and exclusion-led methods, the 'punishment brigade' are losing the argument. It outlines how each school can build authentic practice on a stable platform, resulting in shifts in daily rules and routines, in how we deal with the angriest learners, in restorative practice and in how we appreciate positive behaviour. Each chapter is themed and concludes with three helpful checklists Testing, Watch out for and Nuggets designed to help you form your own behaviour blueprint. Throughout the book both class teachers and school leaders will find indispensable advice about how to involve all staff in developing a whole school ethos built on kindness, empathy and understanding. Suitable for all head teachers, school leaders, teachers, NQTs and classroom assistants in any phase or context, including SEND and alternative provision settings who are looking to upgrade their own classroom management or school behaviour plan. When the Adults Change Everything Changes was a silver winner 2017 Foreword INDIES Awards in the Education category. Named one of Book Authority's best education reform books of all time. Named one of Book Authority's best education books of all time. Click here to read the review on Humanising Language Teaching. Click here to read the review on Schools Week. Click here to read the review on 'Saved You a Spot' blog. Click here to learn more about When the adults change, everything changes.

**about me worksheet adults: The Thriving Adolescent** Louise L. Hayes, Joseph V. Ciarrochi, 2015-11-01 Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty

surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous 'not good enough' story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven- effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

**about me worksheet adults:** *Hide-a-Saurus* Twinkl Originals, 2020-01-31 Ten dinosaur friends are playing hide-and-seek. Can you help to find them all? Download the full eBook and explore supporting teaching materials at [www.twinkl.com/originals](http://www.twinkl.com/originals) Join Twinkl Book Club to receive printed story books every half-term at [www.twinkl.co.uk/book-club](http://www.twinkl.co.uk/book-club) (UK only).

**about me worksheet adults:** **An Introduction to Helping Adults Learn and Change** Russell D. Robinson, 1979

**about me worksheet adults:** *Better Handwriting for Adults* Meliosa Bracken, Pam Buchanan, National Adult Literacy Agency (Ireland), 2009

**about me worksheet adults:** Counseling Adults in Transition, Fourth Edition Mary Louise Anderson, Jane Goodman, PhD, Nancy K. Schlossberg, 2011-08-09 Print+CourseSmart

**about me worksheet adults:** *How To Raise An Adult* Julie Lythcott-Haims, 2015-07-24 For parents who want to foster hearty self-reliance instead of hollow self-esteem, *How to Raise an Adult* is the right book at the right time. -Daniel H. Pink, author of the New York Times bestsellers *Drive* and *A Whole New Mind* A provocative manifesto that exposes the harms of helicopter parenting and sets forth an alternate philosophy for raising preteens and teens to self-sufficient young adulthood. In *How to Raise an Adult*, Julie Lythcott-Haims draws on research, on conversations with admissions officers, educators, and employers, and on her own insights as a mother and as a student dean to highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success. Relevant to parents of toddlers as well as of twentysomethings-and of special value to parents of teens-this book is a rallying cry for those who wish to ensure that the next generation can take charge of their own lives with competence and confidence.

**about me worksheet adults:** **Cognitive-Behavioral Therapy for Adult Asperger Syndrome, First Edition** Valerie L. Gaus, 2007-08-10 This book has been replaced by *Cognitive-Behavioral Therapy for Adults with Autism Spectrum Disorder, Second Edition*, ISBN 978-1-4625-3768-6.

**about me worksheet adults:** *My Anxiety Notebook for Adults 30-40* ,

**about me worksheet adults:** *365 Days of Art* , 2017-10-17 *365 Days of Art* is an inspiring journal designed to help readers and budding artists nurture their creativity and explore their feelings through the medium of art. Featuring an activity for every day of the year, from simple tasks like drawing shapes and lines, to more mindful exercises like coloring-in, painting with primary colors, and drawing what you see. With beautiful, vibrant hand-lettering and watercolor illustrations, the book pairs inspiring quotes with supportive prompts and exercises to spark reflection through

your drawing, writing, painting and more.

**about me worksheet adults: PEERS® for Young Adults** Elizabeth Laugeson, 2017-01-12  
Session 1. Trading information and starting conversations -- session 2. Trading information and maintaining conversations -- session 3. Finding a source of friends -- session 4. Electronic communication -- session 5. Appropriate use of humor -- session 6. Entering group conversations -- session 7. Exiting conversations -- session 8. Get-togethers -- session 9. Dating etiquette : letting someone know you like them -- session 10. Dating etiquette : asking someone on a date -- session 11. Dating etiquette : going on dates -- session 12. Dating etiquette : dating do's and don'ts -- session 13. Handling disagreements -- session 14. Handling direct bullying -- session 15. Handling indirect bullying -- session 16. Moving forward and graduation.

**about me worksheet adults: Mastering Your Adult ADHD** Steven A. Safren, Susan E. Sprich, Carol A. Perlman, Michael W. Otto, 2017 This Second Edition of Mastering Your Adult ADHD is thoroughly updated to present the most current, empirically supported treatment strategies in cognitive behavioral therapy (CBT) for coping with symptoms of adult ADHD.

**about me worksheet adults: Thank You, Mr Panda** Steve Antony, 2017-01-12 Learn to say 'Thank You' with Mr Panda in this charmingly funny picture book. Mr Panda has surprise presents for his friends. Some are too big, some are too heavy, and some are simply bizarre... But remember, it's the thought that counts! Definitely silly, but with plenty of opportunity for a discussion about manners afterwards should you so wish. The Bookbag Look out for more books starring the grumpy (but loveable!) Mr Panda. Over half a million copies sold to date! Please Mr Panda I'll Wait Mr Panda Goodnight Mr Panda Mr Panda's Colours Mr Panda's Feelings

**about me worksheet adults: ACT Made Simple** Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we cannot guarantee book quality when purchased through third-party sellers. Now fully-revised and updated, this second edition of ACT Made Simple includes new information and chapters on self-compassion, flexible perspective taking, working with trauma, and more. Why is it so hard to be happy? Why is life so difficult? Why do humans suffer so much? And what can we realistically do about it? No matter how rewarding your job, as a mental health professional, you may sometimes feel helpless in the face of these questions. You are also well aware of the challenges and frustrations that can present during therapy. If you're looking for ways to optimize your client sessions, consider joining the many thousands of therapists and life coaches worldwide who are learning acceptance and commitment therapy (ACT). With a focus on mindfulness, client values, and a commitment to change, ACT is proven-effective in treating depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder (BPD), and myriad other psychological issues. It's also a revolutionary new way to view the human condition—packed full of exciting new tools, techniques, and strategies for promoting profound behavioral change. A practical primer, ideal for ACT newcomers and experienced ACT professionals alike, ACT Made Simple offers clear explanations of the six ACT processes and a set of real-world tips and solutions for rapidly and effectively implementing them in your practice. This book gives you everything you need to start using ACT with your clients for impressive results. Inside, you'll find: scripts, exercises, metaphors, and worksheets to use with your clients; a session-by-session guide to implementing ACT; transcripts from therapy sessions; guidance for creating your own therapeutic techniques and exercises; and practical tips to overcome "therapy roadblocks." This book aims to take the complex theory and practice of ACT and make it accessible and enjoyable for therapists and clients.

**about me worksheet adults: Proud of Me** Sarah Hagger-Holt, 2021-02-04 An accessible child-centred story about self-acceptance and the importance of opening up to those closest to you. Becky and Josh are almost-twins, with two mums and the same anonymous donor dad. Josh can't wait until he's eighteen, the legal age when he can finally contact his donor, and he'll do anything to find out more - even if it involves lying. Becky can't stop thinking about her new friend, Carli. Could her feelings for Carli be a sign of something more? Becky and Josh both want their parents to be proud of them...but right now, they're struggling to even accept themselves. Praise for Sarah

Hagger-Holt's debut, *Nothing Ever Happens Here* A barrier-breaking, empathy-inducing story for all. LoveReading4Kids I can't wait for kids to read it - it's a book a lot of people need right now. Jay Hulme, award-winning poet Compassionate and sweet and full of people trying their best. Highly recommended. Robin Stevens Pitch perfect as far as I'm concerned. I wish there'd been books like this in my day. Christine Burns MBE, British Political Activist

**about me worksheet adults: One Day at a Time** David M. Sloan, 2011-08-17 *One Day at a Time* is an inspirational story of David Sloan's battle against MS. This book is about using hope and attitude as weapons to fight through the mental gymnastics and roadblocks that MS created as Sloan's disease progressed. It features a step-by-step description of searching for answers that resulted in finally finding a label for his disabling symptoms. Sloan's life as a successful investment banker, always in control, gave way to learning that health and family were much more important than money and power when he finally retired on long term disability. His journey included traveling alone to Brazil where he spent time with a spiritual healer. This experience strengthened Sloan's resolve to never give up and use attitude to his advantage. Whoever he knows or meets has never met anyone with a stronger positive attitude. One can only understand his strength by learning about a similar battle with MS fought by Sloan's mom, who spent thirteen years in a nursing home yet never complained.

**about me worksheet adults: The Adult Learner** Malcolm S. Knowles, Elwood F. Holton III, Richard A. Swanson, RICHARD SWANSON, Petra A. Robinson, 2020-12-20 How do you tailor education to the learning needs of adults? Do they learn differently from children? How does their life experience inform their learning processes? These were the questions at the heart of Malcolm Knowles' pioneering theory of andragogy which transformed education theory in the 1970s. The resulting principles of a self-directed, experiential, problem-centred approach to learning have been hugely influential and are still the basis of the learning practices we use today. Understanding these principles is the cornerstone of increasing motivation and enabling adult learners to achieve. The 9th edition of *The Adult Learner* has been revised to include: Updates to the book to reflect the very latest advancements in the field. The addition of two new chapters on diversity and inclusion in adult learning, and andragogy and the online adult learner. An updated supporting website. This website for the 9th edition of *The Adult Learner* will provide basic instructor aids including a PowerPoint presentation for each chapter. Revisions throughout to make it more readable and relevant to your practices. If you are a researcher, practitioner, or student in education, an adult learning practitioner, training manager, or involved in human resource development, this is the definitive book in adult learning you should not be without.

**about me worksheet adults: Direct Work** Barry Luckock, Michelle Lefevre, 2008 A diverse range of practitioners, researchers and educators present a variety of perspectives on what counts as direct work. Is it the undertaking of certain tasks with a child, or building a relationship that matters most? Is it more about what is done with a child or about how it is done? Is it a set of planned activities or spontaneous approaches? And what counts as effective communication, given the diversity of both children and practice roles and contexts?

**about me worksheet adults: The Sky's the Limit** Victoria Honeybourne, 2017-05-08 Appendix 1 Teaching new vocabulary -- Appendix 2 'How are you feeling today?' poster -- References

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