

Self Worth

If you have a client that is having difficulty seeing their self worth and having difficulty finding resilience try this exercise out.

- Grab a \$1.00 bill
- Ask the client “how much is this worth?” – they respond \$1.00
- Then crumple the dollar up in your hand then ask the client “how much is this worth?” – they respond \$1.00
- Then throw the dollar to the ground and stomp on it then ask the client “how much is this worth?” – they respond \$1.00
- Then tear the dollar in half (or part way, or whatever you are comfortable with) then ask the client “how much is this worth?” – they will hopefully respond \$1.00. However, if they say it is worth nothing, ask them what it would be worth if you taped it back together?

This demonstration allows a great opportunity for you and your client to engage in a deep discussion about their self worth and resiliency when they face adversity.

