
Pride Line

Pride is related to self-concept. People enjoy expressing pride in something they have done that might have gone unrecognized otherwise. Our culture does not encourage such expressions and it is sometimes difficult for people to actually say, "I'm proud that I..."

Ask the mentee to make a statement about a specific area of behavior, beginning with "I'm proud that I...". For example, you might say, "I'd like you to mention something about your letter writing that you're proud of. Please begin your response with "I am proud that I..."

Below are some suggested topics for use in this exercise:

1. Things you've done for your parent(s)
2. Things you've done for a friend
3. Work in school
4. How you spend your time outside of school
5. About your religious beliefs
6. How you've earned some money
7. Something you've bought recently
8. How you usually spend your money
9. Habits you have
10. Something you do often
11. What you are proudest of in your life
12. Something you have shared
13. Something you tried hard for
14. Something you own
15. Thoughts about people who are different from you
16. Something you've done to help someone else



E/M/H

Adapted from *100 Ways to Enhance Self-Concept in the Classroom, A Handbook for Teachers and Parents*, by Jack Canfield & Harold C. Wells (Allyn and Bacon, A Division of Simon & Schuster, Inc. 1976 p. 47)