

OA-1_ "Snap it" [2-part Exercise]: Negative Self-Talk & Rubber Band Exercise & Reflection (100 points):

Part 1: Complete the RAS Exercise BEFORE beginning this exercise. After completing the RAS exercise, I want you to continue to build upon your awareness by examining some of the negativity in your life, with the goal of lessening the use of stereotypes and negative self talk. This assignment requires you to wear a rubber-band on your wrist for 24 hours. Pay attention to - become consciously aware of - your negative self-talk and stereotypes. Every time you say something negative about yourself (or someone else) then "Snap-it!" Snap the rubber band. Negative self-talk includes, but is not limited to, put downs, sarcasm, ranking, belittling, stereotypes, etc. If you are not sure whether it is negative or not - it probably is. So, Snap-it!

After paying attention to your self-talk for a minimum of 24 hours, substantively Reflect on the experience and submit it in the OA-1 Journal as the Week 1 Reflection.

Were you more or less negative than you thought you'd be? Is your wrist sore? Bleeding? Knowing what you now know about the importance of self-talk, do you need to adjust yours? How can you now use this exercise to improve or change a behavior in the future? What type of conditioning is this? The "Snap it!"

Part I Reflection & Journal Submission: After paying attention to your self-talk for a minimum of 24 hours, substantively Reflect on the experience and submit it in the OA-1 Journal as the Week 1 Reflection.

NOTE: *Some of you may have performed this exercise in previous classes - please try it fresh ... you will need the practice for Part 2 of 'Snap it'.*

Part 2: Now that you've completed the first part of the 'Snap-it' exercise and become more aware of your negative self-talk (perhaps painfully so :), it's time to make it applicable to promoting actual change in your life. Pick an area in your life that you want to change NOW (not this minute, but let's say in 4-5 weeks or by the end of the semester). Once you pick the area then begin to pay attention to your negative self-talk in that area. Every time you say something negative say: "Stop it!" and snap your rubber band. Then say, "I'm not like that anymore, I am ..." (replace with positive image).

Continue using the 'Snap-it' Technique for a minimum of 4 weeks or until you manifest the change you desire. **Each week submit a reflection in the OA-1 Journal to record your progress (Reminder: Label the weeks)**

If you achieve the change you want prior to the end of the 4 weeks - you can begin with another area. What a great opportunity to cause change in your life! As usual, all reflections should be substantive. Your Final Reflection should include a summary of effectiveness of the exercise for your particular behavior change. *(There are a total of 5 weekly reflections: 1 from Part 1 & 4 from Part 2. They are worth 20 pts each.)*

DEADLINE: The OA-1 Journal is in the Week 3 Folder & will remain available until _____ @ 11:55p

BE AWARE: You are permitted to use the "Snap-It!" technique to achieve change in your life beyond this course.