Tearing Off Labels
Showing Others Who I Can Be

Four steps to tearing off my labels:

1. **STOP** living up to my negative labels and prove them wrong!
   - Why is it EASY to prove my negative labels true?
   - What have I done in the past to prove my negative labels true?
   - Why is it HARD to express and stay focused on "The Real Me"?

2. **REMEMBER** the payoffs.
   - What have my negative labels paid me in the past?
   - What will "The Real Me" pay me in the future?

3. **DECIDE** that my negative labels are from the past! Today I choose to keep them on or start tearing them off!
   - What would be different if I woke up tomorrow and my negative labels were suddenly gone?

4. **FLEX** "The Real Me" and make it stand out so much that the negative label must be torn off.
   - What new observable behaviors will I do to show I am better than my negative labels?
   - How can I prove "The Real Me" is true?

Every night ask: What did I do today to tear off my negative labels? How can I do more of this tomorrow?

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1. What is a label?

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   _____________________________________________________________________________
   _____________________________________________________________________________

2. Why is it easy to give up when I have these labels? Do I ever use these as an excuse?

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   _____________________________________________________________________________
   _____________________________________________________________________________

3. "The Real Me" - Permission to brag: What do I like about myself?

   _____________________________________________________________________________
   _____________________________________________________________________________
   _____________________________________________________________________________
   What do others like about me?

   _____________________________________________________________________________
   _____________________________________________________________________________
   _____________________________________________________________________________
What are some of my accomplishments?
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_____________________________________________________________________________
_____________________________________________________________________________

My strengths, goals, and dreams:
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_____________________________________________________________________________
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If I were to give myself a label, what would it be? (Must be positive.)
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**Four steps to tearing off my labels:**

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   Why is it EASY to prove my negative labels true?
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   What have I done in the past to prove my negative labels true?
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   Why is it HARD to express and stay focused on “The Real Me”?
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2. **REMEMBER the payoffs.**

   What have my negative labels paid me in the past?
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   What will “The Real Me” pay me in the future?
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3. **DECIDE** that my negative labels are from the past! Today I choose to keep them on or start tearing them off!

What would be different if I woke up tomorrow and my negative labels were suddenly gone?

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4. **FLEX** “The Real Me” and make it stand out so much that the negative label must be torn off.

What new observable behaviors will I do to show I am better than my negative labels?

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How can I prove “The Real Me” is true?

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**Every night ask:** What did I do today to tear off my negative labels? How can I do more of this tomorrow?

**WEAK THINK: PAINTING OVER MOLD**

This balloon is probably the most used balloon in correctional institutions and is most responsible for people getting out of prison and then coming right back after a short period of time. I lift the Painting Over Mold balloon when:

- I act like I am really trying to deal with problems or make changes when I know deep down that I’m faking it and don’t mean what I’m saying.
- I think or say things like, “Just let me do my time!” or “I’ll go to your class, but don’t expect me to talk or participate.”

The real danger in choosing to Paint over Mold is that if I do it long enough, other people might give me the benefit of the doubt and begin to believe that I am a different person, but deep down I know I’m faking it and that nothing is really different than before.

**STRONG THINK: REMODEL THE WHOLE THING**

Real-estate agents look for something called “curb appeal” in houses that are for sale, which means that the house has to look good on the outside for someone passing by on the street. Curb appeal will only get people interested in the house through the front door, but if the inside is trashed and ragged, I can forget about getting a buyer! I will have wasted my time fixing up the
outside and wasted the buyer’s time by getting them inside. Faking it and Painting Over Mold is a waste of everybody’s time. A strong person with Character & Heart will take the time and make the effort to remodel the whole house – the foundation, walls, roof, electrical, plumbing, everything. They will find mold and properly clean it up so that it presents no danger to other people. When a house has been properly cleaned, remodeled, and updated from top to bottom, inside and out – there is a much greater chance of finding someone to invest in the home and buy it. Some people may have to change inside and out, including the way they dress, talk, have fun, the people they spend time with – all areas of their life!

WEAK THINK: THE FAKE HERO
Everybody at some point in their life has done some good and admirable things. While it’s important to have a positive, healthy self-image, these things should never be used as a shield to avoid dealing with mistakes or problems. Signs I’m lifting the Fake Hero balloon include:

• I focus only on the good things about myself and/or the good things I’ve done.
• I make statements like, “I am a good dad! I spend a lot of time with my kids. They like me. They know I am fun. So what if I get high when I am with them? They don’t ever see me doing it.”

STRONG THINK: BALANCE
I must find the proper balance between acknowledging and recognizing my strengths, qualities, and good things about myself and things I still need to grow in, work on, and improve. The good does not take away or eliminate the bad, and the bad does not take away or eliminate the good. They must be BALANCED. Neither side can be ignored.
How often do I find myself lifting the FAKE HERO balloon?

☐ Very Often  ☐ Often  ☐ Sometimes  ☐ Not Much

A time I recognized proper BALANCE between my strengths and weaknesses was when:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

When and where do I need to do more of this?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

WEAK THINK: BLAMING
I lift the Blaming balloon when I don’t take any personal responsibility for my attitudes, actions, or language, but believe that someone or something else is responsible. I lift this balloon when I make excuses like:

• “You made me!”
• “You started it!”
• “If you wouldn’t have done that, then I wouldn’t have done this!”

STRONG THINK: LOOK INTO MY “I”
A strong person with Character & Heart understands the importance of replacing “You” with “I” in life, never giving control to others by using “You” statements. “You make me angry” becomes “I am angry,” and “It’s your fault” becomes “I’m responsible for my own attitudes and behavior.”

How often do I find myself lifting the BLAMING balloon?

☐ Very Often  ☐ Often  ☐ Sometimes  ☐ Not Much

A time I TOOK RESPONSIBILITY for my actions was when:
________________________________________________________________________
________________________________________________________________________

When and where do I need to do more of this?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**ACTIVITY:** Some of the things I learned during the Tearing Off Labels class activities were:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

**SPOT SOMEONE ELSE:** Teach one of the activities I learned in class to someone else. Who did I teach? What activity did I teach them?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

**OBSERVATION ACTIVITY**

Listen to the labels that other people use throughout the day. Make a list. Are those labels true or accurately describing the people being labeled? Are they positive or negative?

<table>
<thead>
<tr>
<th>Labels I observed:</th>
<th>Were they true or false?</th>
<th>Positive or negative?</th>
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**JOURNAL ACTIVITY**

Some of the labels I know I have are:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

If I live up to my positive labels, where will it get me?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

What did I do today to live up to my positive labels?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

How can I do more of that tomorrow?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

WhyTry Game Plan Journal - Tearing Off Labels
PERSONAL REFLECTION
Identify a problem I need to fix inside to match a change I’m trying to project on the outside.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

GAME PLAN ACTIVITY
A shift I need to make in my thinking about myself so that I will be able to live out more of “The Real Me” will have to be…

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

ART ACTIVITY
Label the picture on the opposite page of “The Real Me” for myself.

MOTIVATION QUESTION
How is my “Real Me” connected to my Personal Passion & Purpose Turned Outward?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

ACTION STEP
I will show more of the “Real Me” tomorrow by:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
"The Real Me"