

Dear students,

working with paremias is another of the bibliotherapy methods that you can use for relax activities, for entertain and warm up at the beginning of a therapeutic-pedagogical or just bibliotherapy meeting, but also for deeper work in identifying beliefs, patterns of behavior, exploring new possibilities and connections in the client's own life. Alternatively, what prevents their realization, identification and expression of feelings. An individual can think about his previous values, attitudes and approaches to his own life, think about other - better or worse solutions, express them in quotes or sayings.

The original (folk) paremias include: proverbs, adages, sayings, riddles, puns, nursery rhymes and the like. This also includes short literary forms of poetry, such as aphorisms, epigrams, epitaphs, gnomes, maxims, anecdotes, slogans, or others. In this exercise, we will try how to work with them preventively, diagnostically and therapeutically.

Procedure (*please read the entire assignment first so that you can properly schedule the time required for the work*):

1. Search on the internet for more detailed information about folk and other paremias - definitions, content, examples and familiarize yourself with them.
2. Search in the literature, in motivational calendars, if you have any at home, motivational cards, on the Internet or in another way and write on a separate piece of paper in a column below you (for example, you can also choose from a diary if you record them separately) 10-20 different statements or quotes that particularly caught your attention, accompany you through life as a kind of motto, or you follow them in your life, or they have another important meaning for you.

For example, it might look like this:

1. *There are no cakes without work.*
2. *He who wants to howl with wolves must live with them.*
3. *He who kicks another pit falls into it himself.*
4. *Whoever wants to move the world must first move himself. (Socrates)*
5. *He who knows how to convince himself that he is well, will be well. (Ovid)*
6. *Pedagogical history: In education, male influence is, let's face it, weak of course, what a wonder when men are babies. (V. Haring)*
7. *Etc.*

3. Underline, analyze and comment on the words that caught your attention. Make notes about it.
4. Rewrite the statements so that you can cut them into separate strips of paper. One statement one strip. Cut each statement into two parts. Try to complete the missing part in each new way. Write down the new creations and make a few notes about what you notice.
5. Put the same cut parts of the statements in a pile and reassemble them randomly to form new statements. Write them down. Again, make some notes on what you noticed.
6. Create and fill in the table, an example of which I present below, for each of the selected statements. Answer as honestly as you can.

Statement	How does the statement relate to your life?			Has anyone in your family used it or does it? If so, who?	Does it still work for you? Do you need it?	
	past	present	future		If so, for what? How do you feel about it now?	If not, what could you do about it?
1.						
2.						
3.						

Etc.

7. After a certain break, or without it, depending on how you feel, continue by filling in the following table:

The beginning of a sentence	(complete at least 10 sequels/additions)
I have to...	
I should...	
I want to...	
I decided...	
In life, I like when...	
I desire...	
I love when...	

- Analyze the statements completed in the line "I have to...". When and where did you get it? Who says/said it? Who does this statement from your life belong to? How does it serve you? Could it be replaced by something else? Make some notes.
- In a similar way, analyze the statements completed in the line "I should". What period of life does this belief of yours belong to? Is it still necessary or could it be deleted or replaced with something else? What else is behind it, or what else is it related to in your life. Take notes.
- Feel the beliefs written under "In life, I like when..." In which do you feel the most energy or desire? Where in the body do you feel this sensation? Could it be multiplied or expanded? How do you do that? How do you feel about it now? Take notes.
- Similarly, analyze the beliefs listed in the line "I want...". Think about who could be helpful in the implementation? How could you reach out to him or engage him? Who could support you in this? On the contrary, who might mind and why? What could you do so that it does not disturb you or even encourages you? What else do you need to make your "I want..." come true? Take notes.
- Analyze the statements given in the line "I decided". Answer yourself mainly, what do you need to start implementing your decision as soon as possible - preferably now? What would it be like for you if you did it now? What will be different after the decision is fulfilled? What will you see, perceive, feel, hear and the like? Not only inside, but what will be different in your surroundings? How will you know for sure that something has changed and that it has happened for sure, that you have implemented your decision as you wished - in detail and completely? What else could be fulfilled besides that? What could be the best for you?

If you haven't taken a break yet, please allow yourself at least 15 minutes. Take a walk, air out, refresh yourself with water and then continue.

Compare what it was like for you when you completed the sentences in the lines starting with "I have to..., I should..., I want..., I decided..." and when you completed sentences starting with "In life, I like when... I desire... I love when...". Notice the difference in feelings or what the difference was in anything else you noticed about yourself, in yourself or around you; how your body reacted and the like.

Notice how it feels for you when you are near or in what you like in life, what you desire, or what you love, or when you are that. Did you enjoy something?

Give yourself at least 10 minutes to think and make notes of what you find out.

Conclusion:

Relax. You can lie down on a mat and close your eyes, or just sit and let your thoughts flow freely. Focus on your breath - in, out. Just a few inhalations and exhalations, 2-3 times are enough, and please return to the exercise in your imagination for a while. Answer the questions: What did you learn about yourself thanks to the exercise? Is there something that you were absolutely convinced that you wanted and at the end of the exercise you found out that it wasn't really what you wanted? How do you deal with it? What surprised you? Did you notice anything special? What did you learn new? What else could you or would you like to say? If you had to share something from the exercise with someone else, what would it be? Would you do anything differently now? What would you like to ask? What else would you need? How could you use this exercise in your future work? What else is important? etc.

Note down the most important findings.

Thank you for your cooperation and sharing how you did in the exercise as we get used to one A4!

If necessary, I remind you of the consultation hours:

Tuesday 13.00-15.00, Thursday 8.00-11.00 online via MS Teams and as agreed

I will be happy if you share in the group too!

Kotrbová

PhDr. Kvetoslava Kotrbová, PhD., MPH

Department of Curative Education, Comenius University in Bratislava

Šoltésovej 4, 811 08 Bratislava, Slovakia +421 948 316 081 | kotrbova@fedu.uniba.sk

<https://www.fedu.uniba.sk/sucasti/katedry/katedra-liecebnej-pedagogiky/>