Highgate Counselling Centre

CERTIFICATE IN COUNSELLING

CT3 Paper 11: Gingerbread Person Exercise

This exercise is designed to highlight your perception of some of your strengths and weaknesses.

An outline with instructions is provided on page 2. Please complete the exercise using the blank outline on page 3.

Essentially, you are asked to highlight/describe your view of your strengths inside the outline of the gingerbread person. Your perception of your weaknesses, or if this is too strong a word, your sense of where you are perhaps not 'quite so strong' should be completed on the outside of the image.

Some areas inside may also be replicated outside whilst some areas outside may contradict or corroborate those areas you identify in the centre of the body.

Strengths/weaknesses can be replaced by anything else, for example 'anxiety' in the centre of the body and 'what informs this anxiety' around the outside edge or 'low mood' in the centre of the body and 'what informs this low mood' around the outside edge.

OUTSIDE

Your negatives or areas where you are not ‘quite as strong’

INSIDE

Your strengths