



## MARS Training - EMPOWERMENT

### **SPOT THE DIFFERENCE ACTIVITY**

Mark each option with  
E for Empowering, or D for Disempowering

**Asking a client their opinion on topics/things  
important to them**

**Hey Bill, how was your day?**

**I bet you had a good day today didn't you Bill**

**Asking yourself what you need right now**

**Telling yourself I have to get this done right**

**Or Telling yourself, I am doing the best I can**

## **Asking yourself what is important to you**

**It's important to me to do the best I can**

**Other people know best**

## **Asking someone if they need help with personal care rather than just doing it.**

**Hey Doris, let me get that for you**

**Hey Doris, what do you need help with?**

## **Be kind and patient with yourself as you learn new skills**

**All experts started off as a beginner like I am**

**I have to get this right the first time.**

## **Working within my own core values and beliefs**

**I choose to remember my value and beliefs are unique to me**

**I have to do what others think so I can be accepted**

## **Choosing to be kind to yourself like you are with others.**

**You should know better**

**You are doing the best you can**

## **Trying something new/doing something you enjoy**

**I'm not going to try, I've never done this before**

**Here is a new opportunity to try something new**