

Misunderstood souls

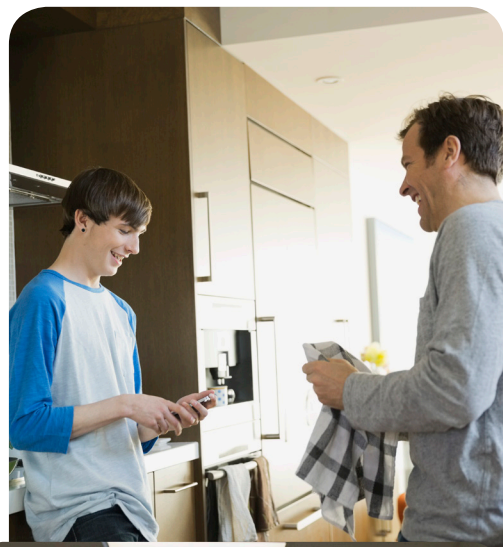
1a. Do you feel understood? Complete the test and then read the results.

1. Which member of your family understands you better?
 - a. Everyone understands me really well. We talk a lot.
 - b. My parents (or one of them) know(s) me well and usually know(s) how I feel.
 - c. My brother/sister. I share with him/her all my worries and dreams.
 - d. No one.

2. Do you usually talk about the things that worry you?
 - a. Yes, always.
 - b. I often do, but sometimes I prefer to keep quiet.
 - c. No, generally I find it really difficult.
 - d. No, never.

3. With which of these statements do you identify most?
 - a. I know that the people around me understand and respect me as I am.
 - b. Although it is sometimes difficult, it is possible to get others to understand you.
 - c. I think that, deep down, no one really understands how I feel.
 - d. I often dream about meeting someone with whom I can really be myself.

4. Do you think your friends know you well?
 - a. Yes. I tell them everything and they tell me too. That's what friendship is, isn't it?
 - b. Well, no one ever really knows anyone completely.
 - c. My friends only know one part of me; the part that I want them to see.
 - d. No. Just to spend a bit of time together, it's not really that important, is it?



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5. Imagine that you have a misunderstanding in the library and you are penalised by having your library card taken away for one week. What would you do?
- Talk to the librarian to try and resolve the misunderstanding.
 - Explain at home what has happened to see if my parents can resolve the situation.
 - Give the librarian my card and wait a week.
 - Give the librarian my card and never go back to the library again.
6. When something extraordinary, impressive or something that makes you worried happens to you ...
- I run to tell the person who I trust the most.
 - I think about it a lot until I decide who to tell and how.
 - I hint to certain people that there is something I want to talk about until they are able to get me to talk about it.
 - I keep quiet. At the very most, I write about it in my diary.
7. The people who know me know what my most intimate desires and my most secret fears are.
- True.
 - Not totally true. I haven't shared some of my desires and fears with anyone, because I don't want to make them feel uncomfortable.
 - False. Only I know the majority of my desires and fears.
 - False. My desires, fears and dreams are private.
8. You've had a great idea for the end of year party at school...
- Let's go and tell the Head Teacher!
 - That's it, now I've told everyone, but maybe it sounded better in my head.
 - But I can't be bothered getting everyone to understand it.
 - Great? That's what I think, but I'm sure no one else will think the same.





Results

Mostly answers a): You don't feel misunderstood. On the contrary, you might even ask yourself how people can feel like that when it's so easy to talk and explain what is happening to us. You could take advantage of this virtue to help other people who do feel misunderstood.

Mostly answers b): You don't always feel understood. That's OK. It's normal: if it is that difficult to get to know ourselves, how can it be easy for other people to get to know us and know how we feel? Even so, in general, it's usually a nice surprise when you do explain your feelings and experiences.

Mostly answers c): Sometimes you feel misunderstood. Maybe you could try and trust people around you more and let them surprise you. If you don't communicate with them, you are making it harder for them to get to know you and understand you.

Mostly answers d): It looks like you don't feel understood at all. What a shame! Are you sure that there isn't anyone out of all the people you know that understands you? Maybe you will have to make an effort to open up and let others get to know you a little bit. Think about it: sharing what happens to us is a much nicer way to live.

1b. Now answer the questions.

- Were you expecting the result that you got or did it surprise you? Why?

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- Are you happy with the result? Read the others and say if you would have preferred to get a different one. If so, which one?

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- If you got mostly answers c or d, which of the following actions do you think could help you to feel less misunderstood?

- Trust other people more.
- Make an effort to explain myself better.
- Don't take myself so seriously.
- Have more friends.
- Don't jump to conclusions about the answers that I'm going to get.
- Worry about other people.



• If you got mostly answers a or b, which of the following actions do you think have helped you not to feel misunderstood.

- I share my worries, doubts and problems with someone I trust.
- I'm as sincere as I can be.
- I happily accept criticisms and jokes.
- I have a lot of different friends.
- I worry about other people.
- I try to explain exactly how I feel.

Emotional competences:

Awareness of how emotions influence behaviour. Acceptance of one's own emotions, as much as if they are socially and culturally acceptable as if not.

2. Look for information about the film *Finding Forrester* (2000). If possible, watch it together in class. Afterwards, complete the following tasks.

1. Write a summary of the plot.

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2. Complete the fact file and stick a photograph from the film poster.

Title:

Release date:

Country: Length:

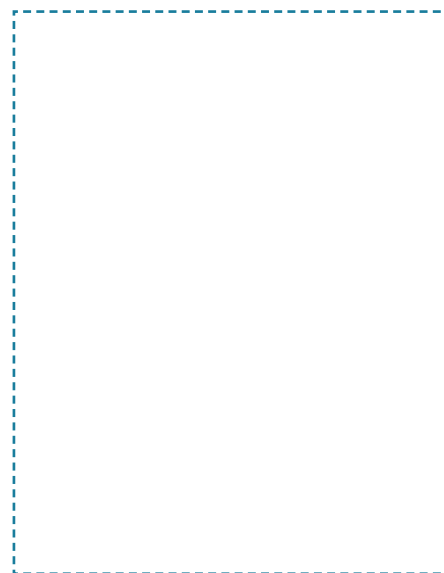
Director:

Script:

Genre:

Cast:

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3. Classify the following adjectives into ones that best describe Forrester and ones that best describe Jamal.

lonely naive grumpy famous distrustful
curious friendly eccentric kind perseverant

Jamal

Forrester

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4. Answer the questions about the film.

a. Why did Forrester stop writing?

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b. How does Forrester help Jamal?

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c. How does Jamal help Forrester?

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d. How do they show the gratitude that they feel for each other?

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5. In the film, a lot of the characters feel misunderstood. Explain why.

- Jamal in relation to his desire to write.

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- Claire in relation to her friendship with Jamal.

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- Claire's father in relation to his daughter's friendship with Jamal.

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- Professor Crawford in relation to his literary talent.

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6. Link each one of these actions from the film with what the characters seem to be trying to say.

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|---|--|
| • Forrester lends his typewriter to Jamal. | • 'I've found a value in you.' |
| • Jamal gives Forrester tickets to a game. | • 'I think you can overcome your fears.' |
| • Forrester leaves the door open so Jamal can enter. | • 'I trust you and appreciate you.' |
| • Forrester returns the rucksack to Jamal with the notebooks corrected. | • 'I'm inviting you to enter my life.' |

7. Do you identify with any of the characters or have you experienced a similar situation shown in the film. Explain.

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8. Have you ever communicated using some sort of symbol like the characters in the film? Were you understood? Explain.

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Emotional competences:

Understanding of other people's emotions. Ability to critically evaluate social and cultural messages as well as those from the media.