

Images

Type: _____ Introductory Working _____ Closing _____ Game

Optimum Group Size: 5 - 15

Materials Needed: Each participant needs a pen or pencil and "Images of Myself" handout. Time required: five minutes per group member, e.g., if there are five group members, 25 minutes.

Outline of Activity:

Participants are instructed to take two minutes to answer the three questions on the form. (What am I like? What do others think I am like? How do I wish others to see me?) They should be instructed to be completely honest and that, while they will be asked to talk about their answers, they will not be required to read the sheet aloud or to turn it in. After taking precisely two minutes to fill out the forms, a volunteer from the group should be solicited to answer these questions to the group, again without reading the form aloud or sharing anything they would rather not. Then moving around the group circle, each member gives feedback to the speaker about himself/herself and their answers. Participants should be reminded to speak to the person not to the group. After all have presented feedback, the speaker passes to another member and the process is repeated until all have presented.

Goal:

This exercise feels very high risk, but isn't generally. The group will invariably set a norm of positive, constructive feedback. The goals: a) to provide the group with an experience that feels like high risk to increase group cohesion; b) to provide members with positive, constructive feedback about themselves and their personal styles; c) to provide the group with experience in giving and receiving feedback and help them learn to become comfortable with the process.

How to Process:

Processing feelings and tensions should be done immediately, followed by processing of feedback skills and their uses both in group and in day to day life. How did this activity make you feel?

Source or Submitted by: Unknown

IMAGES OF MYSELF

We are all trapped in some ways within ourselves. We have a real self, which only we know. There are a number of other "self's" or masks that we wear in different settings; we are different at home, with our parents, our loves, at work or school, and with our friends.

Carl Rogers, a world famous psychologist says that the more another person knows our real, inner, secret self, the more they love us.

Please answer the questions below as honestly as you possibly can. You will not be asked to turn this in, or to read it to the group. This paper is your property forever. Keep it, burn it as you wish. It is your secret.

1. WHO IS THE REAL ME? What are you like? The you that only you know?
2. WHAT DO OTHER PEOPLE THINK YOU ARE LIKE? Is this different for teachers, bosses, friends, loves, and friends?
3. HOW DO YOU WANT OTHERS TO SEE YOU? What do you see in yourself that others do not see, that you want them to know about? Do others see you the way you would like them to?