

Life-Line

Type: _____ Introductory ___X___ Working _____ Closing _____ Game

Optimum Group Size: 5 - 15

Materials Needed: 8" x 14" (legal size) paper, pencil/pen

Outline of Activity:

Draw horizontal a line across paper; put birth-date at left end, put today's date at right end; along line put marks to represent significant life events under each mark, write brief descriptions and approximate age (e.g., 3 years, months); after life line is complete write beside each event whether it was within your control or not (N = no control, C = control); once group completes their life lines take turns sharing.

Goal:

To share life events which influenced development; to build empathy and trust among group members; to gain understanding that some events were beyond control - how to accept/cope; to gain insight into events which are within our control - problem-solving; to realize that others may have similar events - not alone; feel group support the different lives in how individuals cope and problem-solve.

How to Process:

Encourage, achieve/reflective listening among group members and self. Probe to find out how they coped or resolved problem (if appropriate); point out similarities; if grief is a central theme, discuss grieving process.

Source or Submitted by: Unknown