

HUMAN RELATIONS

IT'S OKAY FOR ME!

Mutual Acceptance

Purpose

- ✓ To help us to accept one another.
- ✓ To foster openness in the group.
- ✓ To give and accept feed- back –both positive and negative – in a graceful manner.

1 Starter

- ✓ Divided the participants into two equal groups.
- ✓ They will sit in two concentric circles, one partner facing the other.
- ✓ At a sign from the moderator the partners in the outer circle begin talking to those in the inner one.
- ✓ First, they will point positive qualities – positive strokes - to their partners following the pattern: Say, for instance:. I am aware that you have beautiful eyes I like you. It's O.K. for me.
- ✓ Then they may refer to some **obvious external minus points.** (*Moderator: Caution the participants to make only statements of fact. Never pass any judgment*).
For instance, .say. I am aware you stammer a bit: It's O.K. with me. I like you all the same.
- ✓ After 30 seconds when the moderator makes a sign, those in the inner circle will speak to their partners in the same style.
- ✓ At another sign from the moderator those seated in the inner circle will move one place clockwise.
- ✓ The process is repeated so on and so forth until all have faced each other.

2. Personal work Small Questionnaire.

Answer in writing to the following questions:

1. What is the meaning and purpose of this game?
2. What do the words "It's O.K." imply?.
3. How did you feel when your partner mentioned some of your positive points?
4. Have you learned anything today about yourself that you didn't know?
5. Did you find it hard to tell others how you see and perceive them?
6. Is there anyone of us 100% perfect? Why?
7. Likewise, do all of us have some minus points? Why do we close our eyes to them?
8. Does acceptance demand denial or blindness to the negative points in others and in ourselves? Why?
9. Can we accept others in spite of their small imperfections? How much? Why?
10. Can you truly tell them: "It's O.K with me". I like you all the same? Explain.

11. Can you accept yourself in spite your short comings? Can you say: to yourself:” It’s O.K. with me. I like myself all the same”?
12. How did you feel when your partners mentioned to you some of your minus points and said: ”It's O.K. with me? I like you all the same?” Explain.
13. In spite that some small minus points might have been pointed out to you, do you feel accepted by our group? How much? Explain.

Group Work

- ✓ Sharing their replies
- ✓ Telling the group what they have learned from this exercise?
- ✓ Asking for clarifications
- ✓ Interaction and discussion
- ✓ If anyone would like to receive some feed-back from the group, he may ask for it. *No feed-back is to be given unasked.*

Input:

- Stress the need all of us have for acceptance, both, from others, but even more self-acceptance.
- Healthy self-love means accepting ourselves as we are, yet striving to improve ourselves.
- To love others means to accept people as they are.
- We should feel O.K. (*comfortable*) with them, as they are.
- For living and working with others in a group, mutual acceptance is a must.
- Mutual acceptance enhances our self-image, boosts our self appreciation, gives us self-confidence it gives us courage and increases our efficiency.
- Acceptance from others potentates our talents.
- Acceptance catalyzes our strengths.
- Acceptance is the culture where we overgrow our weakness and deficiencies.

Prayer Service

- A prayer service would be a fitting closure of our exercise.
- You may base your prayer service on passages of the Gospel where Jesus accepts all sorts of people:
 - Sinners: Magdalene, Zacchaeus, Matthew, the Adulterous Woman.
 - Ignorant people: Children, The Crowds, Fisher Folk Shepherds
 - Sick people, nationals and foreigners,
 - For Jesus everybody was O.K. Namely, He accepted them as they were
 - By accepting them as they were, he made them better..
- Thank God for the gift our group and of each of its members.
- Pray aloud and spontaneously for one another
- Petition God for self-acceptance, as well for the ability to accept others
- End with a Hymn, such “Peoples of the World”