

# MY HOME

## What My Home is and What I Want I to Be

### Intent of These jottings

- ✓ *To bring out to consciousness my feelings, my emotional tones and undertones about my home and what I would like them to be...*
- ✓ *To improve the feeling quality of my family life.*
- ✓ *To make the living experience of my home life more positive and satisfying.*

### Note:

The starting point or trigger for this reflection about our homes is based on a projective method whereby, unawares the participants may express and verbalize their unconscious feelings and emotions about their home and family life.

Moderator, be very perceptive while evaluating the replies given by the participants to apparently harmless and innocent questions.

Do not let the participants know before hand what actually is the intent of this exercise

### Introduction:

Relax for a while. Awareness ad relaxation exercises will prove useful

Spend time in quiet prayer to God.

### Personal Work:

Give the participants the form here below and explain them how to fill it.

## A QUESTION FORM - My Home

### Instructions

Fill up the blanks in the frames below.

Answer the questions as quick as possible, without much reflection.

Write the word whatever spontaneously surfaces into your mind.

If your Home was A SONG	What SONG would it be?	What SONG would you like it to be?
IT IT WERE A FRUIT		
A FLOWER		
A SOUND		
SMELL		
TASTE		
One hour of the day		
A season of the Year.		
AN ANIMAL		
A COLOR		
A TREE		

**Group Work; \**

*If the number of participants is large, say, more than 10 or 12, divide the larger group into smaller one  
Make sure tat you secure a good moderator for each group.*

**A) SHARING THEIR REPLIES:**

- One participant at a time will share his replies to the questionnaire.
- Moderator, take notice of the positive or negative, happy or unhappy, peaceful or violent, satisfying or unsatisfying, sweet or sour, rough or soft, etc... emotional undertones coming out from their replies.
- You may ask them for **clarifications**.
- **Never ask them directly WHY do you feel so?**
- **Nor ever enter into discussions and arguments over their feelings.**
- **Ask them indirect questions, such as HOW? WHEN? IN WHAT WAY? WHAT MAKES YOU SAY SO?**

**B ) INSIGHTS AND LESSONS LEARNED TODAY.**

- **Ask them: From your replies what have you learned about themselves and your home?**

- **Share with the group.**

**C) SUGGESTIONS TO MAKE OUR HOMES WHAT WE WANT THEM TO BE**

- **Ask them: What can you do to make your homes to be what you would like them to be?**
- **Share and discuss.**
- **Compile a list of suggestions on how to make our homes what we would like them to be**

**D) PRAYER AND RESOLUTIONS.**

- **Spend time in silent Prayer.**
- **Write down your resolutions – What concrete steps will you take from now on to improve the quality of your family and home life**
- **End with shared prayer and a hymn or two**