

A PROJECTIVE EXERCISE TO DISCOVER OUR EMOTIONAL UDERTONES AND ATTITUDES TO BASIC ISSUES IN LIFE.

The intent of this exercise is to elicit from ourselves or from our participants our unconscious feelings and emotions towards an important area of our life we would like to reflect and pray upon.

For instance: our character, our home, our profession, our work, our studies, our church affiliation, our prayer life, our religious practices, etc

- This exercise is based on a projective method or technique whereby, unawares we may express and verbalize our deep sited unconscious feelings and emotions – *both positive and negative* -about ourselves, or our homes, our family life, job, profession, etc.
- The Moderator has to 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

As a sample of this method, we offer
here below an
Exercise on
On SELF

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 - “IF I WAS....”

Instructions

1. Fill up the blanks in the frames below.
2. Answer the questions as quick as possible and without much reflection.
3. Write the first word or words that spontaneously surface into your mind.

If I was a SONG....	What SONG would I be?	What SONG would like to be?
_____	_____	_____
If I was A FRUIT		
A FLOWER		
A SOUND		
SMELL		
TASTE		
ONE HOUR OF THE DAY		
A SEASON OF THE YEAR.		
AN ANIMAL		
A COLOR		
A TREE		
AN INSECT		

Group Work;

*If the number of participants is large, say, more than 10 or 12, divide the larger group into smaller ones
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 surfacing out from their replies.
- You may ask them for **clarifications**.
- Never ask them directly WHY do you feel so?
- Never 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 YOUR LEARNED TODAY.

- Ask them: From your replies what have you learned about yourselves and your life?
- Share with the group.
- The group members may very gently, let their companions their reactions, reflections and responses.
- Moderator, be very careful that nothing hurtful or discouraging may be said about anyone.

C) SUGGESTIONS ON HOW TO MAKE YOURSELVES - WHAT WE WOULD LIKE TO BE

- **Ask them: What can you do to make yourself be what you would like to be?**
- **Share and discuss.**
- **Compile a list of suggestions on how to make Yourself be what you would like 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 life and personality.**
- **End with shared prayer and a hymn or two**

APPENDIX

POSSIBLE THEMES FOR FUTURE SESSIONS

<p><u>Possible themes could be</u></p> <p><i>If your Home was a song... ..</i> <i>If your School was a song....</i> <i>If your Work was a song.....</i> <i>If your Husband / Wife were a song..</i> <i>If your Life was a song....</i> <i>If your Church was a song....</i> <i>If your Prayer Life was a song....</i></p> <p>OR ANY OTHER OF YOUR CHOICE.</p>	<p><i>What Song would it be....</i> <i>What Song would it be....</i> <i>What Song would it be....</i> <i>What Song would it be...</i> <i>What Song would it be....</i> <i>What Song would it be....</i> <i>What Song would it be....</i> <i>What Song would it be....</i></p>	<p><i>What SONG would you like it to be?</i> <i>What SONG would you like it to be?</i> <i>What SONG would you like it to be?</i> <i>What SONG would you like it to be?</i> <i>What SONG would you like it to be?</i> <i>What SONG would you like it to be?</i></p>
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