

SELF- REVELATION AND SELF-DISCOVERY EXERCISES`

By Projective Methods

- Exercise 1 Photo-Language
 Exercise 2 If I were....
 Exercise 3 God's New Creation
 Exercise 4 On God's Judgment Seat
 Exercise 5 Overhearing a Conversation.

NOTES ON HOW TO CONDUCT THESE EXERCISES

1. *These exercises are not to be used at random for fun, or just as time-fillers. They are tools and instruments towards "self-revelation" and "self-discovery".*
2. *When an exercise is attempted, make sure that there is ample time for processing its results.*
3. *Be judicious in the use of confrontation. It is dangerous.*
4. *No direct questions or discussions should be had on any personal material shared.*
5. *Only clarifications may be asked from the one making the sharing.*
6. *No one should be given feedback unless explicitly, he asks for it.*
7. *Participants should feel absolutely free to share only what they feel confident to share.*
8. *In case someone in the group is revealing or disclosing personal and confidential material, the moderator- if he thinks it proper- may stop him from doing so.*
9. *Deep and confidential sharing can be done only when the group is mature, receptive, empathetic and discreet enough to keep confidentiality.*
10. *If the moderator has a "hunch" that someone has some serious personal problem, he should not tackle the problem in public. If he feels qualified to handle it, he may call the person concerned for a one-to-one sharing and counseling session. If he does not feel competent, he may refer that person to a professional.*

USES OF THESE EXERCISES:

- ✓ *For awareness sessions.*
- ✓ *For self-discovery.*
- ✓ *For group building.*
- ✓ *To improve one's self-image.*
- ✓ *For communication workshops.*
- ✓ *As a means of "self-expression".*
- ✓ *To help participants verbalize ideas, feelings and experiences which they have not yet been unable to express conceptually.*

- ✓ For growth sessions.
- ✓ For one to one counseling situations.
- ✓ To uncover latent fears, apprehensions, negative feelings, biases. .

Exercise 1

PHOTO LANGUAGE

Note for the Moderator:

- ✓ The moderator's acquaintance with the technique of photo-language is basic for the exercise.
- ✓ Photo-language series are available at the Don Bosco Catechetical Centre, among other places.
- ✓ You may build your own photo-language collection selecting photos of sundry items and persons from magazines and reviews.
- ✓ There are countless methods of using the photo-language techniques for self-revelation and self-discovery. We offered here three methods usefull for our purpose. These four methods are graded from simplest to more complex.
- ✓ Photo-language possesses a great potential for disclosure since is a projective method.
- ✓ At a group sharing session do not push participants to disclose more of themselves than what they would like to disclose.

PHOTO-LANGUAGE - METHOD ONE

Each Participant Chooses a Picture of his Liking

PROCEDURE;

1. Display a large number of pictures of various kinds.
2. Request the participant's to mill around in silence looking at them.
3. After a little while, ask them to choose one picture only; the one that attracts them most, the one they feel most akin with their situation, their feelings, their life, their character, qualities, short-comings, etc...
4. After that, they will go back to their places and for a little while, in silence, carefully observe it, and find in it the items that symbolically represent aspects of themselves.
5. Next they will come together in groups. The groups should not exceed 8 to 10 persons each.
6. Each group requires a good moderator.
7. By turns, each group member will share his picture with his mates, and explain all he has found of himself in it.
8. After anyone finished his sharing, clarifications may be asked by the group members. *Discussion or direct questions on the material shared will not be allowed.*

9. After all had a chance to share their pictures, and clarifications, if any, have been given, interaction among the group members should be encouraged.
10. After sharing and interaction, anyone may ask-for feedback from the group. *No one will be given feedback unless he asks for it.*
11. The moderator and the group members should be most reassuring and supportive throughout the session.
12. At the end of the session, the moderator may offer his own observations and comments.
13. Ideally, the session should closedown with a short shared group-prayer in which all are enjoined to pray for one another.

PHOTO-LANGUAGE - METHOD TWO

Emotional Reactions to the Pictures Displayed

PROCEDURE

1. Carefully choose a set of 10 pictures rich in content and in emotional impact on topics like friendship, family, intimacy, fights, hatred, children, sick people, dying people, cruelty, daring, beauty, love, sex, etc. Number them.
2. Display them one by one to the group. All, in silence, will look intently at the same picture for a while.
3. Ask them to get in touch with the feelings and emotional reactions that the picture on display arouses in them.
4. Request them to write down the number of the picture considered and the feelings and emotional reactions it aroused in them.
5. After all the pictures have been displayed the participants will go into groups of 8 to 10
6. The moderator will again display those pictures to the group, one picture at a time.
7. Now, one by one the participants will share their feelings and emotional reactions to the picture displayed.
8. Clarifications will be allowed and encouraged. *Discussion and prodding on the material shared will not be allowed.*
9. When the sharing on one picture is over, the moderator will go to the next. The process will be repeated till all the 10 pictures are gone through.
10. When all have finished their sharing, anyone may ask the group for feedback. *No one will be given feedback unless he asks for It.*
11. At the end the moderator may offer his own comments and observations.
12. The session will close with a shared group-prayer in which all are enjoined to pray for one another.

Note for the Moderator:

- Try to ascertain the emotional reactions pattern of each participant to the pictures. Why could it be so?
- What could be the reason that while one picture causes "positive" feelings in some participants it arouses "negative" feelings in some others?

- Is there anyone among the participants who seems to be consistently in emotional dissonance with the group? What could be the reason?
- Through this exercise, help the participants to be in touch with their feelings and explore their emotional life.

PHOTO-LANGUAGE - METHOD THREE

Explain What You See in a Picture

PROCEDURE:

1. Single out a picture that fulfils these requirements:

- It is a bit complex.
- It's an action picture.
- There are several persons in it.
- Its meaning is ambiguous.

2. Show the picture to the whole group. Let all look at it for a while.

3. Ask the participants to write down their answers to the following points:

- What do I see in the picture? (Plain material description)
- What is the picture about? (Explain its real meaning)
- What are the feelings of the people portrayed in the picture?
- What meaning could you symbolically give to the picture? .

4. Group Work

- The writing over, the participants will break into small groups of 8 or 10 each.
- In the groups, they will share one by one, what they have written.
- After one has shared, the rest may ask for clarifications. *No direct questions or discussion on the material shared should be entertained.*
- After sharing and clarifications, interaction will take place. Encourage interaction as a means to self-revelation and self-discovery.
- When all have finished their sharing, anyone may ask the group for feedback. *No one will be given feedback unless he asks for It.*
- End the session with a shared group-prayer in which all are enjoined to pray for one another.

Note for the Moderator:

In processing and evaluating the material shared keep in mind the following points:

- ✓ **Selective perception:** What have the participants seen, and, even more, what have they not seen in the picture?
- ✓ **Mode of perception:** How have they seen it? For example, one participant perceives a person in the picture as happy, another as sad.
- ✓ **Objects of perception:** What are the first objects they perceive? For example, some members may primary see persons, others things.

- ✓ **Underlying Feelings:** positive — negative; friendly — hostile
- ✓ **Projections:** Seeing things in the picture which are not there
- ✓ **Lack of attention:** Not seeing the obvious
- ✓ **Distortion of meaning:** Giving the picture an opposite and distorted meaning
- ✓ **Strange and weird meaning**
- ✓ **Blindness to meaning:** Not seeing any meaning. Just a patch of color
- ✓ **Mental constructions**
- ✓ **Creativity**
- ✓ **Objective vs subjective interpretations**
- ✓ **Rational vs emotional interpretations.**
- ✓ **Emotional blocks**

Exercise 2

"IF I WERE A..."

Note for the Moderator:

- ✓ This exercise is based on symbolism and projection.
- ✓ It has potential for "self-revelation" and "self-discovery."
- ✓ Hold it in small groups of not more than 10 people.
- ✓ If number of participants is large, divide them into smaller groups of 6 to 10 each.
- ✓ Secure moderators for all the groups
- ✓ It is very helpful for counseling and therapy especially in one-to-one situations
- ✓ At the sharing and interaction stages you may discover some emotional problems affecting one or two participants. *In that case, do not tackle them in the group. You may do it later on, in private with the person/s concerned.*

Dynamics of This Exercise:

- First, the participants are given a questionnaire form with the help of which they are made to identify themselves with objects of nature, or with symbols
- Unawares, the participants are likely to sense an analogy of behavior, roles and feelings with the objects they identify with. For instance, if a participant has identified himself with a particular animal, say, a hare, that animal will analogically behave, act and feel in the world of animals as the participant does in the world of men.
- The identification is done impromptu i.e. without much thought or reasoning, so to say, by intuition, following a certain sense of affinity.
- Only at the processing time will the participants be helped to conceptualize, verbalize, and reason out their unconscious identifications in behavior and characteristics.
- It's probable that at the time of sharing, conceptualizing and verbalizing the participants may "discover" new facets and dimensions of their personalities.
- At that moment, the participants may gain some insights and a deeper understanding on their inner feelings, urges and motivations,

- It is by getting them to lay bare and explore the deeper layers beneath their consciousness image that the participants may be helped to improve their self-image and character.

1. Personal Work: Filling the Questionnaire Form:

Instructions for the Moderator:

Here below, you will find a sample of the **Questionnaire Form** to be given to the participants.

The Form has two parts

Part (A) Fill in the Blanks.

Part (B) Reason it out.

Follow this method:

- ✓ First, give the participant's only part (A) of the Questionnaire in a loose sheet..
- ✓ As soon as they have filled part (A), give them part (B) in a second loose sheet.
- ✓ The participants should not see part (B) until they completed part (A).
- ✓ Explain to the participants very clearly what they are supposed to do.
- ✓ Be very careful, however, not to influence or bias their replies.

2. Group Work: Sharing - Interaction - Reflection:

Sharing

- The participants will, one by one, share their replies to both part (A) and part (B) of their questionnaire.
- As one of the participants is doing his sharing the group may be allowed – even encouraged - to ask for clarifications.
- *Questioning and discussion on the material shared will not be allowed.*

Interaction

- After the members shared their questionnaires and clarifications have been offered, the group under the guidance of the moderator should “interact” i.e. they should express their reactions and feelings to what has been said and shared.
- Interaction should be encouraged. It is through it that the participants may go deeper and deeper into "self-revelation", and "self-discovery".

Reflection:

- The moderator may offer his own reflections, remarks and reactions.

Personal Prayer:

- The participants should be given some quiet time for personal prayer and reflection.

Group Prayer.

- Close the event with a shared group-prayer in which all is enjoined to pray for one another.

QUESTIONNAIRE FORM :

"IF I WERE AI SURELY WOULD BE

PART (A)

FILL IN THE BLANKS

Instructions:

- ✓ You will find in this form 12 incomplete sentences beginning with: "If I were a.....".
- ✓ Read only one at a time and complete it quickly. Do not think too much or too long.
- ✓ Be spontaneous, serious and true! Write what comes naturally to your mind without much reflection.
- ✓ It is very important that you get inwardly attuned to your innate sense of imagination and intuition to answer properly.

Sample Question and explanation:

"If I were a vegetable, I surely would be a"

You have to fill the blank with the name of whichever vegetable expresses symbolically in the vegetable world what you feel and what you are in the world of men, e.g. a carrot, an onion, a chilly, a potato, etc.

In other words, the vegetable you have chosen should feel, behave and act in the world of vegetables in a way similar to the way you feel, behave and act in the world of men.

You are asked to express only what you actually are or feel, not what you would like to be, or what you feel you should be.

<u>COMPLETE THE 12 FOLLOWING SENTENCES:</u>	<u>What would you be?</u>
1. If I were an ANIMAL, I surely would be a	
2. If I were an INSECT, I surely would be a	
3. If I were a BIRD, I surely would be a	
4. If I were a FLOWER, I surely would be a	
5. If I were a COLOUR, I surely would be	
6. If I were an HOUR OF THE DAY OR NIGHT, I surely would be	
7. If I were a PART OF A HOUSE I surely would be	
8. If I were a FRUIT I surely would be	
9. If I were a HOUSEHOLD OBJECT OR U'T'ENSIL, I surely would be	
10. If I were a SMELL, I surely would be	

PART (B):

REASON IT OUT

Instructions:

Go over the reply you gave to sentence 1 in part (A) of the questionnaire and answer the following:

1. What animal you have chosen for yourself
2. Why have you chosen it? Explain. Give instances of your life that fit into the behavior pattern of the object of your choice.
3. Does your choice tell something of you? What is it? How?
4. How do you feel about it?

5. Would you like to do something about it?

After you have finished with sentence 1, go on to sentence 2, indicating the insect you have chosen for yourself, and follow the same procedure.

Then go on to sentence 3, and so on till the end of the list.

Are there any Thoughts and Feelings you would like to record? Feel free to do so.

APPENDIX: A LIST OF IDENTIFICATION OBJECTS:

If you feel like preparing your own questionnaire form part (A), you are free to do so. The form offered in these notes contains 10 items for identification. You may add new ones, discard those suggested or vary the number of objects for identification.

Do not make your list too long. The total number of objects for identification should not exceed 12

In case you like to modify part (A) of the Questionnaire form, we suggest here a few more items suitable for identification:

If I were A TASTE...

If I were A MUSICAL INSTRUMENT...

If I were A SEASON OF THE YEAR...

If I were AN AGE/A STAGE OF HUMAN LIFE...

If I were A PART OF THE HUMAN BODY...

If I were A FEELING OR EMOTION...

If I were A SICKNESS...

If I were A PART OF THE EARTH...

If I were A PATCH OF SOIL...

If I were A PART OF THE ROSEBUSH...

If I were TOOL OR AN IMPLEMENT OF WORK...

If I were A SOUND...

If I were A TOUCH OR A TACTILE SENSATION...

If I were AN EXPANSE OF WATER...

If I were A BOOK...

Exercise 3

GOD'S NEW CREATION

Note for the Moderator:

- ✓ The fantasy is that God is going to create you anew.
- ✓ He asks you: How do you want me to make you?"
- ✓ This fantasy may disclose my "alienations", i.e. what things I do not like in me... what part of me I have not yet accepted... what things in me I reject...

- ✓ By contrasting "what I am" (*my real self*) with "what I would like to be" (*my ideal self*), I may discover inside me some sources of conflict and anxiety.
- ✓ This fantasy has great projective value.
- ✓ This exercise may be useful for a one-to-one counseling situation..
- ✓ Through sharing and interaction, the moderator may help the participants to self-acceptance.
- ✓ Ideally, this fantasy exercise aims at a "complete" self-acceptance, i.e. to an emotional state where the participant could truly and sincerely ask God: **“Make me exactly as you made me!**

Requirements:

Writing material .

Group Size:

Not more than 8 or 10 persons for the group sharing part of the exercise.

Secure a moderators for the smaller groups of 8 to 10 participants.

1. Personal Work A Fantasy: God Wants to Create You Anew.

Instructions to the Participants

Relax... Awareness and/or breathing exercises will help.

Close your eyes...Keep silence... Rest... Be at peace...

Guided fantasy:

Imagine... fantasize... that you are looking at God face to face.

- You stand before him with your good and bad points..., all your strengths and weaknesses... all your positive and negative qualities... all your assets and liabilities...
- You can't hide a thing from God... He knows you through and through...
- See yourself as God sees you... as you are... with your lights and shadows.

Imagine God telling you now: “I am going to create you anew!

- Yes, I'll make you just as you would like to be... I am willing to change in you whatever you want me to change” Listen to God...
- How do you feel about God's proposal? Be aware of your emotions...

Answer to God. Make your requests:

- What things in you, would you like to get rid of?
- How would you like your physical, mental and emotional make-up be like?
- What changes would you ask God to make in you?
- Are you happy with your sex identity? If not, how what would like to be?
- What sort of parents would you like to have?... What sort of family?... Home?... education?... social status?... caste?... race?... country?...
- Is there any other thing you wish God do for you? ... Tell Him soon before He refashions you...

2. Reflection and Writing:

The fantasy over, ask the participants to reflect and write on the following points:

1. Describe your fantasy. How did it go?
2. What were the main thoughts that came to your mind? .
3. What were your feelings at God's proposal of creating you anew?
4. State in clear terms the three top priority things you desired most to get rid of?
5. The three top priority items or changes you desire most to possess...
6. What have you learned about yourself?
7. Which are the main insights, and discoveries you made?

3. Sharing - Interaction - Reflections:

Sharing:

- ✓ The group members will share their experiences and jottings with their group memers.
- ✓ *Tell the participants that they may share only what they wish to share. No one is bound to share something he does not like to reveal.*
- ✓ After a member has finished his sharing, clarifications will follow. *No questions or discussions on what has been shared will be allowed.*
- ✓ When the clarifications are over, interaction will follow.

Interaction:

- ✓ Encourage interaction. It is one of the most important parts of the exercise.
- ✓ After all have shared and the interaction is over, anyone may ask for feedback from the moderator or the group. *No one will be given feedback unless he asks for it.*

Reflection and. mini-input.

- ✓ The moderator may give a min-input on the most important points that emerged at the sharing and interaction time:
 - On the group processes.
 - The Importance of self-acceptance, self-esteem and self-love
 - Dangers of self-rejection and self-alienation.
 - Happiness is on being what we are.
 - All we have and all we are is a gift of God.
 - No one is perfect except God Himself.
 - We have to strive for perfection, knowing pretty well that we shall never be 100% perfect..

Personal Prayer:

- ✓ Give the participants time for silent persona prayer, reflection and personalization.

Group Shared Prayer

- ✓ Close the event with a shared group-prayer in which they will pray for one another.

Exercise 4

ON GOD'S JUDGEMENT SEAT

Note for the Moderator:

- ✓ This exercise is based on a "wild" fantasy. The fantasy is that "I am God sitting in judgment and the person to be judged is me".
- ✓ This fantasy is a projective device. Through it the participants are helped to project and disclose the "image" they have of God and of themselves.
- ✓ The exercise may help the participants to discover their basic attitudes towards God and towards self. .
- ✓ The objective is not only "self-revelation" but, even more, to lead the participants to "self-forgiveness", "self-acceptance" and "self-love".
- ✓ Another aim of the exercise is to re-orientate their relationship with God in "complete trust", "total self-surrender" and "abiding gratitude".
- ✓ This exercise is especially apt for a prayer sessions, recollection cays

Group size:

For the fantasy part an unlimited number.

For the sharing part, the sharing groups should not exceed 8 people.

The assistance of a moderator in each group of 8 is a must.

Requirements:

Writing material.

1. Guided Fantasy:

Instructions to be given to the participants:

Relax...

- Close your eyes... be at ease... be restful...
- Awareness and/or breathing exercises will help.

Fantasize; Imagine as vividly as you can that:

A) For a while in fantasy, "You are God"...

- You are mighty and loving...
- You are kind and understanding...
- You are forgiving... you are ready to forgive even the worst sinners...
- You are sitting on judgment seat waiting for some to come before you for judgment.....
- All of a sudden someone appears... **It's you!**...
- From your judgment seat look at him..... how does he look?... What are his feelings?...
- .What do you feel (as God) towards him (you)? ..
- What do you (as God) tell him?... What's the dialogue between both of you like?
- What do you tell him?...`
- Now as God, mention to him all the good deeds he (you) did... his undeniable virtues... generosity... accomplishments... positive qualities...
- Point out to him his weaknesses... frailties... ignorance... blindness..., mistakes... shortcomings... failures... and sins, both of omission and of commission...
- And now judge him as you feel he deserves...
- (As God) What's your verdict?... Your final sentence?...

B) Now, you are "you" again

- You have come back to yourself... You are not God any more. What are your feelings right now?...
- Your feelings towards God...
- Your feelings towards yourself...
- Keep dwelling on your feelings...
- Spend some time talking with God...
- As a human being, and a sinner keep praying to God. ...

2. Personal Reflection and Writing

The fantasy is over.

Relive it now, Remember it vividly.

Write down the following points:

- How it started and went on?.....
- What sentence did God pass on you? Why? ...
- How did you feel about God?
- What have you learned about God?
- How do you feel about yourself?
- Any insights and discoveries you gained about yourself?
- Any other points you wish to mention?

3. Sharing — Interaction -- Reflection:

Sharing:

- ✓ One participant at a time will do the sharing. He will share with the group what he has written of his fantasy. *Instruct them that they are free to share only what they feel confident to share.*
- ✓ After one participant has done his sharing, the group may ask for clarifications. *Questions and discussion on the materials shared will not be allowed.*

Interaction"

- ✓ Group members may express their reactions to what has been shared. Interaction should be encouraged. It is through proper interaction that the participants will be led to deeper self-revelation and self-discovery.
- ✓ After all have shared, anyone is free to ask for feedback from the group. No one will be given feedback unless he asks for it.

Reflections and Teaching:

- ✓ The moderator may offer his own remarks on the group processes and on the findings and insights gained.
- ✓ He may try to correct some distorted or lopsided views the participants may have shown in regard God, such as
 - God's love and forgiveness cannot be merited!
 - His unconditional love,
 - "The justice of God"
 - God is infinite love and infinite justice! How can both go together?
 - Justification through good deeds, lack of trust in God,
 - Guilt feelings,

- Fear of God and his of punishments,
- Nature of sin, etc.
- ✓ **Personal Prayer**
- ✓ Give the participants some time for quiet personal prayer.
- ✓ **Shared group-prayer**
- ✓ Close the event with a common shared prayer in which all is enjoined to pray for one r.

Exercise 5

OVERHEARING A CONVERSATION

Note for the Moderator: .

- ✓ This fantasy has a great potential for self-revelation and self-discovery..
- ✓ It invites the participants to "project" a lot of their own thoughts, feelings and biases on others.
- ✓ The participants are asked to carefully listen to what others might be saying about them in tense and delicate situations.
- ✓ While listening to their mental "constructs" or conjectures, the moderator may size up the accuracy of their perceptions, assumptions, biases and even mental or emotional quirks.
- ✓ Observe whether the participants harbor any resentments, anger or guilt feelings.
- ✓ Some participants unconsciously may "project" their alienations on others. Let not such thing tescape your attention.
- ✓ Note carefully to what extent participants blame others and to what extent they think others blame them. In the process some paranoiac tendencies may be discovered.
- ✓ This exercise may be useful in one-to-one counseling situations
- ✓ It may prove helpful in group therapy sessions when the group is empathetic and mutually supportive.

Caveats:

This exercise may be emotionally charged. Handle it with care.

- ✓ Do not jump to conclusions; do not be judgmental.
- ✓ Confrontation in public is advisable. But be wary.
- ✓ Do not break thorough the defenses of the participants.

Requirements:

Writing materials..

Group Size:

In case of larger groups, for the sharing part of the exercise, divide the participants into smaller groups of 8 to 10 .

The presence of a moderator in each small group is a must.

1. A Fantasy:

Instructions for the Moderator:

For this exercise you may follow any of the two of the methods suggested below; namely, a "guided fantasy" or a "free fantasy"

(A) THE GUIDED FANTASY METHOD:

The moderator will determine the following elements of the fantasy.

A) The Circumstances or occasion f.i.

- ✓ You failed your class.
- ✓ You lost your job.
- ✓ You are very hard working.
- ✓ You want to discontinue your studies.
- ✓ You got a girl friend that your people do not approve of.
- ✓ You are in trouble with your boss/principal/ employer/superior/etc.
- ✓ You go for too many parties.
- ✓ You plan to immigrate to another country.
- ✓ Your people do not approve of your eating and drinking habits..
- ✓ You lie in state in the coffin.
- ✓ Your trendy style of dressing
- ✓ You are smoking
- ✓ Etc.

B) The Persons Talking About You:

- ✓ Your parents among themselves.
- ✓ Your brothers and sisters.
- ✓ Your in-laws.
- ✓ Your neighbors.
- ✓ Your friends.
- ✓ Your enemies.
- ✓ Your class mates/office co-workers/staff members/workshop people
- ✓ Your teachers and principal.
- ✓ The elders of your community.
- ✓ Your superiors/bosses/employers.
- ✓ Your subordinates/employees/servants.
- ✓ Your husband/wife/children. Etc.

Further Instructions for the Moderator:

Once you determined the circumstances and the imaginary persons involved in the fantasy, according to the aim you have in mind, give the participants the following instructions (*The list is only illustrative*):

1. Fantasy (*Just an instance –Change accordingly*)

- Fantasize... imagine very vividly for instance, that you failed your class...
- You go home and tell your parents...
- Fantasize; imagine what they will be talking, in your absence, about you between themselves...
- They go to see the Principal... Fantasize what and how will they be talking about you... of your performance, of your failure, of your behavior, your character, of your friends, of your application, etc

2. Writing Work:

The fantasy over, the moderator will request the participants to put down in writing, as faithfully as possible; all they over-heard being said about them.

3. Sharing - interaction - Reflection

Sharing:

- ✓ One participant at a time will share his fantasy. (*All are free to share only what they wish to share*)
- ✓ When one participant has finished his sharing, the group may ask him for clarifications. *Questions and discussion on what has been shared will not be allowed.*

Interaction:

- ✓ After the clarifications, all will be encouraged to interact. It is through interaction that self-disclosure and self-discovery may take place.
- ✓ After interaction, anyone may ask the group for feedback, (*No one will be given feedback unless he explicitly asks for it*)
- ✓ **Reflection and Moderator's Thoughts.**
- ✓ The moderator may offer his remarks on the group processes and his observations and thoughts.

Personal Prayer.

- ✓ Set aside some time for personal reflection, prayer and interiorization.

Group Prayer

- ✓ Close the event with a shared group-prayer in which all is enjoined to pray for one another.

(B) THE FREE FANTASY METHOD:

The moderator will not determine either the circumstances or the persons talking about the one doing the fantasy.

The participants will be left free to fantasize according to their mood and inspiration.

1. The Fantasy:

Give the following instructions to the participants.

- Think of any event that took place in your recent past, for instance: a failure, a mishap, a misunderstanding, a loss of job, a blunder of yours, your securing a job, your choosing a partner for marriage, etc...
- Imagine some people talking among themselves about this incident of your life... They discuss you... judge you...pass remarks about you...
- They may be people who love you or people who do not like you, people who stand you, or people who disapprove of you... or people who are jealous of you....
- Listen very attentively to all they say about you, your character, your successes and failures, your good and bad points.., they may blame you or excuse you, they may praise you or run you down... What is it all they talk about you....
- Relive the entire incident very as vividly as you can, as if it was happening just now at this moment...

2. Writing down:

The fantasy over, the moderator will request the participants to put down in writing, as faithfully as possible; all they over-heard being said about them.

Suggested points

- Who were the persons talking about you?
- What was the event or incident of your life, they were talking about?
- What did they say about you?

3. Sharing -- interaction - Reflection:

Sharing:

- ✓ One participant at a time will share his fantasy. (*All are free to share only what they wish to share*)
- ✓ When one participant has finished his sharing, the group may ask him for clarifications. *Questions and discussion on what has been shared will not be allowed.*

Interaction:

- ✓ After the clarifications, all will be encouraged to interact. It is through interaction that self-disclosure and self-discovery may take place.
- ✓ After interaction, anyone may ask the group for feedback, *No one will be given feedback unless he explicitly asks for it*
- ✓ **Reflection and Moderator's Thoughts.**
- ✓ The moderator may offer his remarks on the group processes and his observations and thoughts.

Personal Prayer.

- ✓ Set aside some time for personal reflection, prayer and interiorization.

Group Prayer

- ✓ Close the event with a shared group-prayer in which all is enjoined to pray for one another.

APPENDIX VARIATIONS ON THE SAME EXERCISE:

Dialogues:

Reconstruct some dialogue between two persons talking about you for instance:

Mum and Dad,

Two friends,

Two classmates,

Two teachers, Etc,

One of the speakers describes to the other what sort of person you are. They speak of your good and bad points, strengths and weaknesses, successes and failures, of what they like and what they dislike in you.

They may also share their worries and fears about you as well as their hopes and expectations,

Write it down word for word what they say. Then share it with the group or the moderator.

Letters:

In fantasy intercept a letter that one of those persons, mentioned above, might have written to the other about you and the letter he might have received in reply.

Then, reconstruct such letters and finally share them with the group