



# Building a Bond

## Instructions:

1. Tell your group how **some people become very important to you because of all of the life experiences you share together, both good and bad**. Explain to participants that this exercise will focus on attachment or bonding and how it occurs between people. Ask participants to think of someone they feel very “attached” to, meaning they would feel a great loss if this person were no longer in their lives. Next ask them to think of some good and bad times they have experienced with that person.
2. Have **participants hold strips perpendicular to each**. This will form a 90 degree angle and almost look like an “L.”
3. **As each partner shares with the other an experience, he or she will fold one strip of paper around the other**. They can start with either strip and wrap it in any direction. For the rest of the folding, alternate the strips, but always fold in the same direction (if they start by folding away from themselves, always fold away).
4. **If the group is not too large have each person share one bonding experience**. Remind them that this can be a bonding experience with a child, a spouse, a sibling, a parent, or even a friend.
5. At the end, the two strips of paper will be woven together.

## Tips for Discussion and Processing:

The main point of this exercise is to help participants realize that shared experiences, both bad and good, are what connects people. This exercise is about understanding that overcoming challenges in relationships is a natural and healthy part of life. If there are parents in the group, you can also use it to talk about attachment and letting go. After papers have been woven together, gently pull them apart. You can then explain to participants that this is very symbolic of the relationship between parent and child. Explain that parents’ and children’s lives are very interconnected for a few years, but eventually children must separate. However, even though their lives are not as “connected,” both have left an impression on each other (the indentations on the strips).

**Title:** Building a Bond

**Group Size:** Any

**Time Needed:** 10 to 20 minutes

**Goal:** Help participants understand attachment, bonding and how it occurs

**Audience:** Couples, Parents, Teens, Children, Singles

**Special Considerations:** This is a very powerful exercise that could bring up painful memories.

**Materials:** Two different colored strips of construction paper per participant, cut 1” wide, same length