

Find the Silver Lining

Step-by-Step Instructions:

1. Ask the group members to describe different situations that may be experienced as negative. For example, a beach vacation is ruined by a huge tropical storm, your child is dating someone who does not meet your approval, or your boss is very negative. Try to elicit several examples.
2. Use a separate sheet of paper for each situation. Divide the flip chart paper in half with a vertical line. Write the negative situation on the left side of the line.
3. Encourage the group to think about the possible positive results that could come from each negative situation. Write these answers on the right side of the line, across from the negative responses.
4. When completed, review each situation with the group and reiterate the possible positive outcomes.

Tips for Discussion and Processing

Discuss temperament and how people are usually either “glass half empty” or “glass half full.” If using this with a couples’ group, point out that “opposites attract” and it is common for a person who is an optimist to have a partner who is a pessimist. This different approach to life can create serious miscommunication within marriages, but it can provide a good balance in the relationship as well.

Group Size: 11 to 25

Time Needed: 11 to 20 minutes

Goal: To develop resiliency skills and learn to find positive outcomes in negative situations

Audience: Couples, Teens, Parents, Singles

Special Considerations: This activity may be difficult for some people; advise group members not to get discouraged if they cannot see positive outcomes. If this is a couple or parents group, remind participants to be mindful of their partner who may be present in deciding examples to share.

Resources Needed:

- ✓ Flip chart
- ✓ Markers