

Group Fears

Step-by-Step Instructions:

1. Distribute strips of paper and writing utensils (one each per participant).
2. Explain to participants that they will be writing one fear they have about the group on the piece of paper.
3. Before they begin writing, make sure to explain that the fears will be shared with the whole group but they will be anonymous. Participants can choose how deep and personal they want to go.
4. After everyone has completed writing on the paper, ask them to fold the papers and place them in a basket.
5. Pass the basket around and have each participant, one at a time, randomly select a strip and then explain to the group how the author of the fear may be feeling and what he or she may be experiencing right now.

Tips for Discussion and Processing

This activity promotes group cohesion due to the deep level of sharing and understanding. You also can use this activity to explain empathy, and that, in order to understand and talk about another person's fears, you first need to examine your own.

Group Size: 1 to 10

Time Needed: 20 minutes or more

Goal: To build empathy

Audience: Couples, Teens, Parents, Children, Singles

Special Considerations: This activity can get deep and personal very quickly. You may want to make sure you have a fairly mature group. It works best in smaller groups where participants will be dealing with personal issues.

Resources Needed:

- ✓ One strip of paper
- ✓ One pen/pencil per participant
- ✓ Basket or other container to collect strips