

SELF- REVELATION AND **SELF-DISCOVERY** **EXERCISES**

By Fantasy Methods

- Exercise 1 My Garden
 Exercise 2 Plant and See.
 Exercise 3 he River of My Life.
 Exercise 4 Autobiography of a thing.
 Exercise 5 Preaching my Own Eulogy
 Exercise 6 Being Introduced to a New Group.

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

MY GARDEN

Note for the Moderator:

- ✓ This exercise is based on a fantasy. It's projective by nature.
- ✓ It intends to create awareness both of our strong and our weak points, our wealth and poverty, our beauty and ugliness, our virtues and sins.
- ✓ It helps us to discover unknown areas of in ourselves as well as to reveal them to others.
- ✓ It makes it easier for us to accept both "ourselves" and "others".
- ✓ The moderator should be affirming and encouraging especially at the sharing stage when the participants share their strong and weak points.
- ✓ Try to make them understand that all of us are bundles of strengths and weaknesses, of beauty and ugliness; that we are a mixture of angels and beasts.
- ✓ That God loves us as we are and that we should love others as they are, and even more, that we should love ourselves as we are.

Requirements:

Writing material for all.

Group Size:

For the sharing part of the exercise, groups no bigger than 10 each.

A moderator for every group is a must..

1. Introductory Input. (By the Moderator): *(Suggested Ideas)*

- ✓ All of us can be compared to a garden
- ✓ There are many sorts of gardens... big and small... some well-kept and others un-kept..
- ✓ There are many things in a garden... trees, bushes, flowers, fruits, leaves.. thistles, thorns, etc.
- ✓ There are many creatures in a garden... birds, lizards, butterflies, pond-fish, bees, ants, snakes, scorpions, ...
- ✓ There is beauty in a garden... rich profusion of color, fragrance of flowers,.
- ✓ There is ugliness also in a garden, dirty smells, acrid smells, manure and rotting plants,
- ✓ There are good and poisonous plants and fruits also in a garden...
- ✓ There is cleanliness but there are also patches of dirt in a garden... here and there are little pools of water, some crystal-clear, others slimy and foul smelling...
- ✓ There are many other things besides in a garden...good and bad... pleasant and unpleasant... inviting and repellent...

2. Fantasy: *(Instructions to Participants)*

- Close your eyes...
- Relax...remain still and silent....breathing and/or awareness exercises may help
- Fantasize that you are a garden... how big... how small...how it looks....
- ✓ Go for a stroll and look at your garden... pry into every nook and corner of it... explore... discover... everything good and bad.. Scented and smelly...soft and poky...sweet and bitter....friendly and unfriendly....
- ✓ Observe carefully all you see... all that is there... trees...bushes....flowers...fruits birds ... animals....clean things and .dirty ones, beauty and ugliness...
- ✓ Mill around....
- ✓ See, touch, smell, taste, hear...
- ✓ What do you see? What do your like? What do you dislike? What do you dislike in your garden?

3. Closing the Fantasy: (*Instructions to Participants*)

- You are still in the garden...
- Sit down and rest for a while...
- Remember all you saw and discovered in your garden... good and bad, beautiful and ugly, pleasant and unpleasant...
- Relive all you felt and experienced in your garden...
- It's now time for you to leave the garden and come back to yourself....
- Take a last look at the garden... Then say: bye, bye.....
- Slowly open your eyes... look around... You are back to yourself..

4. Write Down Your Experience:

Remember your fantasy and write:

1. What did you see in your garden?
2. What did you feel looking at your garden? .
3. What did you learned, what did you discover about yourself in your garden?
4. What you liked most of your garden... and what did you dislike most of your garden...
5. What things would you like to plant and grow in your garden?
6. What things have you to throw away from your garden?

5. Sharing - Interaction - Reflection:

Sharing

- The participants will by turns, share what they have written. *They may share only what they would like to share.*
- After a person has done his sharing, the group members may ask for clarifications. No direct questions or discussion on the material shared will be allowed.
- After sharing and clarifications, interaction will take place.

Interaction

- Through interaction the moderator will lead the participants to further self-discovery, self-revelation, self-acceptance and acceptance of others.
- When clarifications and interaction are over, anyone may ask the group for feedback. *No one will be given feedback unless he asks for it*

Moderator's Reflections

- The moderator will now offer his own observations and comments. He may give a short input on self-acceptance and self love.

Personal Prayer and Interiorization

- Give the Participants some time for silent personal prayer and interiorization.

Group Prayer

- The session will close with a shared group-prayer in which all are enjoined to pray one another.

Exercise 2

PLANT AND SEE!

(A Fantasy-cum-self-examination)

Note for the Moderator:

- ✓ This exercise is based on a simple fantasy. It has a good potential for self-discovery.
- ✓ The fantasy is that God stands before me and gives me a 'seed'
- ✓ That "seed" is me with all my' possibilities and potential for growth, truth, goodness and beauty.
- ✓ God tells me to plant that "seed", care for it, and see that grows to its full blossom.
- ✓ I have to keep looking after "my seed", watching it sprouting and growing till I become what God expects me to be, what I am supposed to be.
- ✓ The exercise intends to enhance my self-image, to help me to accept myself and to actualize my potential and grow I in the love of God and of self.

Requirements:

Writing material..

Group Size:

For the sharing part of the exercise, groups no bigger than 8 each.
A moderator for each group of 8 is a must.

1. Fantasy:

Instructions to the Participants

- ✓ Relax... Awareness and/or breathing exercise my help.
- ✓ Close your eyes... remain silent for a while.
- ✓ Imagine you are in a garden... God comes... He stands in front of you... He smiles at you... He tells you that He loves you....
- ✓ He offers you a precious gift – a beautiful seed to be planted and cared for....
- ✓ He opens his hand and offers you that wonderful "seed" ...

- ✓ This "seed" is in reality you, yes, you with all your potentialities and capacities, with all your talents and beauty...
- ✓ He says: It's the seed of a beautiful plant... A wonderful creation....
- ✓ He tells you to look after that seed...to plant it...to cultivate it and foster it with love..
- ✓ Next, imagine that you take your "seed" in the palm of your hands...you look at it...
- ✓ You ask yourself: What sort of "seed" am I? .. What will come out of it? It's me!
- ✓ Search for a spot in that garden to plant your "seed"...
- ✓ What and where is the spot God wants you to plant your seed?...Look for it....
- ✓ Water it... manure it... care for it...
- ✓ Keep watching... expectantly see what happens... what sort of tree, bush, plant, flower, fruit, creeper comes out of it...
- ✓ Indeed, the "seed" sprouts... it gives shoots... flowers... fruits...
- ✓ Look at the new plant.... with loving care...
- ✓ It grows... and grows... Keep looking at it...
- ✓ Observe carefully what sort of plant or tree you have become...: size..., color... scent... usefulness... beauty... Watch it....
- ✓ Fall on your knees and thank God for the creature you are!... For the wonder he has made out of you! For all you can still do?...

2. Personal Work: Reflect and Write:

➤ **A) The Fantasy:**

- Recollect your fantasy... relive it... Write down all you saw ...all your experienced. Write especially what sort of a "creature" came out of your seed... Describe its nature, beauty, usefulness, good qualities...

➤ **B) The Reality:**

- Now write about yourself as you see yourself in your daily life... Who are you? What are you? Your good qualities... virtues.. Strong points and weak points... accomplishments... successes and failures..... Beauty and ugliness... usefulness and shortcomings... deficiencies..
- Write: Are you that sort of creature God intended you to be?. Is God pleased with you? In what areas of your life have you grown more...?.. In what areas of life have you still to grow to be what God expected you to be? ...

3. Sharing -- Interaction -- Reflection.:

Note for the Moderator:

- ✓ *In this exercise the role of the moderator during the sharing is significant.*
- ✓ *The moderator will help the participants to realize the difference, nay, even the opposition between what they might have written under (a) and (b) above. In other words, the difference between what they fantasized about their potentialities and capacities under the image of the "seed" and what is the experience of themselves in daily life.*

- ✓ *The moderator should foster in the participants" self-confidence" and goad them on... coax them into "a will to grow" by cultivating their capacities and "actualize" their potentialities...*

Sharing

- ✓ One participant at a time will share what he has written under parts (A) and (B) above. .
- ✓ Group members may ask for clarifications.
- ✓ No questions or discussions on the materials shared will be entertained

Interaction:

- ✓ Once the clarifications are over, the moderator will lead the participants through interaction to the realization of how much they can still grow in many particular areas of life..
- ✓ The sharing and interaction over, anyone may ask for feed-back from the moderator or the group. *No one will be given feed-back unless he asks for it.*

Reflection and Mini-input/

- ✓ The moderator will offer his observations and remarks on the group processes and on the insights gained. He may give an input on the following points:
 - The Will to grow.
 - "Self-confidence" as a prerequisite to growth.
 - Implicit trust in the capacities latent in us.
 - Self-acceptance of "what we feel we are" to be able to become "what we can be".
 - Gratefulness to God for "what we are" and "what we shall be".

Personal Prayer.

- ✓ Give the participants a quite time for personal reflection and prayer.

Group Prayer:

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

Exercise 3

THE RIVER OF MY LIFE

Note for the Moderator:

- ✓ This exercise is based on a symbolic drawing.
- ✓ The participants are told to imagine that they are a river..., to identify with it from its source to its term... and then to draw the course of their life as if they were a river.
- ✓ The exercise has a good potential for self-revelation and self- discovery.
- ✓ By means of the symbol of a river the participants will trace their "curriculum vitae" with all its turns and twists, may be, hitherto unknown even to themselves.
- ✓ They will likewise project their expectations for their future life as they delineate the future course of their "river"

- ✓ The moderator should help to make the participants appreciate and absorb all the beauty and grandeur that are found in "their rivers".

Group Size:

For the sharing part of the exercise, the groups should not exceed 8 members each. Secure a moderator for each small group.

Requirements:

Writing and drawing materials:: foolscaps, drawing paper, crayons, color felt- pens, etc.

1. Personal Work. Drawg the River of your Life.

Instructions to the Participants.

- Relax... Awareness and/or breathing exercises may help.
- Close your eyes and be silent for a while...:
- Take your drawing materials.

Draw the history of your life from its beginning till today under the symbolism of a river.

Fantasize:

- You are a river... Recall your life history...
- Your birth. When were you born? Draw
- What was source, the spring that gave you life?... Draw.
- Then, you started flowing... Follow the course of your river's life... Draw
- How the course of your river has been? Straight? Crooked? Winding? Draw
- What sort of history your river has?... Course... terrain... length... width... depth... amount of water... color... speed... Draw
- How did you grow? ... Storms, rains, different streams, effluents flowing into your life and enlarging the bulk of your river Draw
- Currents and crosscurrents in your life..., people in your life..., Draw
- Terrain you traversed: mountainous? Sandy?, Rocky?, Dry?. Green? Fertile?... Draw
- Usefulness of your river.. Who benefited from your life? ...How?... Draw

Make a guess and draw the future course of your river – your future life – from now on until you reach the sea. – your end.

- Keep fantasizing... Delve into the future...
- What sort of river will you become?... Draw
- How long will your course be?... Draw
- Over what terrain will you flow?... Draw
- As you flow will you swell or dry up?... Draw
- Who will be happy or sad about you?... Draw
- Who will benefit from your waters?...
- Any important developments you can foresee in the course of your river? Draw
- Your end!... Draw

2. Sharing - Interaction - Reflection:

Sharing

- ✓ The group members will share their fantasy drawings and explained their symbolic meaning to their companions.
- ✓ After each member has finished his sharing, members may ask for clarifications. Namely, they may request the one doing the sharing to explain some points in respect of his drawing which may not have been understood.
- ✓ The one doing the sharing will be free to explain or refrain from doing so. *Questions and discussion on what has been shared will not be allowed.*

Interaction:

After sharing and clarifications, interaction will follow. Encourage interaction as

- ✓ much as possible
- ✓ After the sharing and the interaction are over, anyone will be free to ask for feedback from the moderator or from the group. *No one will be given feedback unless he asks for it.*

Reflections and Mini-input:

- ✓ The moderator may add his own observations and comments on the group processes
- ✓ And give a short input on any matter of importance arising from the sharing.

Personal Prayer:

- ✓ Some time will be given to the participants for silent personal reflection and prayer.

Shared Prayer Group.

- ✓ End the event with a shared group-prayer in which all are enjoined to pray for one

Exercise 4

AUTOBIOGRAPHY OF A THING

Note for the Moderator:

- ✓ This exercise is based on a "fantasy-personification".
- ✓ The participants are asked to identify with an object.
- ✓ They will describe in detail the object with which they identify themselves and then proceed to write an "autobiography" of it as it represent them.
- ✓ The exercise is projective in intent and has potential for self-discovery.
- ✓ Avoid any analysis, interpretation or remark that may disturb the participant.

Requirement

Writing material for all.

Group Size:

At the sharing and processing stages, groups of not more than 10 persons.

Secure moderators for the small groups of 10 people.

1. "Choosing" an Object for Identification

Instructions for the Moderator:

- ✓ Write on the board the names of the following objects:
A bottle - A piece of clothing - A cupboard - A clock - A house
A currency note - A bedroom - A T.V. Set - A Bed - A mirror
A pair of shoes - A pillow - A toy - A mobile phone. - Any other.
- ✓ Tell the participants that they will have to identify with any of these objects.
- ✓ Ask them to choose any of them, whichever appeals to them most.
- ✓ After they have made their choice, ask them to answer in writing to the following:
 - What object have you chosen?
 - Why have you chosen it?

2. "Identification with the Object"

Instructions for the Participants:

- ✓ Imagine that you become the object of your choice... Identify with it... You are now that thing!...
- ✓ Answer in writing the following points:
 - Describe your appearance - what sort of bottle or cup, etc. are you? Big or small?, nice or ugly?, New or old?.
 - Describe your size, color, shape, material you are made of, etc.
 - Do people like you? What do they say about you?
 - How do they use you? What do they use you for?
 - Do you like the thing you are? How do you feel about yourself?
 - Any other remark?

3. "Autobiography" of Your Object

Instructions for the Participants:

Being identified with the object of your choice, write now your autobiography: namely,

- ✓ Where and how were you born? (*Where and how was the bottle or cup born?*)
- ✓ What sort of life did you lead right from your birth till today? For example, where did you grow, where did you live, in whose house have you been what happened to you? etc.
- ✓ Now make a guess: write the autobiography of your object (the one you identified with) from now on, till your death. What will happen to you? Successes, failures, joys and sorrows, friends and foes
- ✓ How will you finally, end?

4. Sharing - Reflection - Interaction

Sharing:

- ✓ The participants will share, one at a time, what they have written on the object of identification.
- ✓ Once a participant has done his sharing, the group may ask for clarifications. *Questions and/or discussion on the material shared will not be allowed.*

Interaction:

- ✓ After clarifications, interaction will follow. Encourage interaction as much as possible.
- ✓ After all the participants have shared and interacted, anyone may ask for feedback from the Moderator or from the group. *No one should be given feedback unless he asks for it.*

Reflections and Mini-input:

- ✓ The moderator may offer his own comments and observations

Personal Prayer:

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

Group Shared Prayer: The event will close with a shared group-prayer in which all are enjoined to pray for one another.

Exercise 5

PREACHING YOUR OWN EULOGY

YOUR FUNERAL ORATION

Note for the Moderator:

- ✓ In his exercise the participants are told to be present – in fantasy - at their own funeral and preach their own "funeral oration".
- ✓ The method is highly self-revealing. Through this fantasy
 - One may discover his negative "self-image".
 - The goals and aims he has in life.
 - See good in oneself, his work, his successes and accomplishments.
 - Accept "positive" stroking. *Funeral orations are about the good people have done, not about the bad things they did!"*
 - He may realize that there is more worth in him than he ever thought of before.
 - Become more sympathetic and accepting of self.

Group Size:

For part 1 of the exercise the one relating to the fantasy itself, the size of the group can be unlimited.

For part 2 of the exercise – Sharing, Interaction, and Reflection – divide the participants into small groups 6 members

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

Requirements:

Writing material for all.

1. The Fantasy.

Instructions to the participants.

A) Relax...

- Close your eyes... be peaceful... be restful
- Some awareness and/or breathing exercises may help....

B) Fantasize.. Imagine things as forcefully and as vividly as you can

- You have died... Your body lies in state... You are now outside your body...
- Keep looking at your dead body... Stare at it... Observe your features...your countenance and expression...
- What are your feelings? Love? Sadness? Contempt? Compassion? Regrets? Remorse?... Go deep into your feelings.
- What do you think of the dead person?... of his work? of his accomplishments?...
- Look again at him... Foster feelings of pity...love...kindness... admiration...sympathy... towards him...
- The funeral procession starts moving towards the place of the funeral... Join it...
- See yourself walking behind your coffin...
- You reach the place where all is ready for the funeral... The crowds mill around..
- Look at them. All your friends, relations and acquaintances are here..
- Keep looking at them... See their faces...
- How do they look at your body?... How do they feel?
- You are going to give your own funeral oration... Get attuned to your feelings... Your heart is beating furiously... You are a bit nervous and anxious...
- You begin the oration... You tell the audience what a great man the dead person was..... your good points.., your virtues.., the good things you did in life... your successes...your accomplishments...
- Tell the audience the good qualities that nobody noticed during your life-time.., the good actions you did in secret... those beautiful and enduring qualities....those fine points of character no one ever heard of?...
- Close your funeral oration giving thanks to God for such a person as you... for all God did through you as his human instrument...
- Praise God for the wonderful person you have been ...
- Stop now. Feel, just feel... Go deep into your feelings... Cry if you like... Grow in love of yourself and of God...
- At the end of the fantasy, leave the participants alone for a while in deep silence.

C) Writing.

Allow a reasonable time for silent reflection and interiorization.

Supply writing material to all and give them the following instructions:

- Remember your fantasy... Try to be in it as vividly as you can... Think of the funeral oration you delivered in your memory...
- Write down as faithfully as you can your funeral oration as you delivered it. (*You will have 10 minutes to complete your work*).

D) Reflection:

When the writing is over, give them the following instructions:

- Read very slowly and deliberately to yourself what you have written...

- As you read it, get attuned to your feelings:
- How does it sound? True? False? Overdone? Underdone? etc.
- How do you feel? Good/bad? Elated/sad?, etc.

E) Analyzing: (about 10 minutes)

Ask the participants to write down the following:

- ✓ The process of the fantasy...
- ✓ Images about self that surfaced.
- ✓ Feelings you experienced.
- ✓ Fears and resistances you sensed.
- ✓ Findings, insights, and discoveries about yourself?
- ✓ Did your oration sound to you authentic? Fake? Exaggerated? Underdone?

2. Sharing - Interaction - Reflection:

Sharing:

- ✓ The participant in turn will read their funeral orations aloud and forcefully and share their reactions to the points posed at step (E) above: Analyzing
- ✓ After one participant has done his sharing, the group will be invited to ask for clarifications *Questions and discussion on the material shared will not be allowed.*

Interaction:

- ✓ Immediately, "interaction" will follow. All should be encouraged to share their reactions to what has been said. The moderator through quick and genuine group interaction may lead the participants to further "self-revelation" and "self-discovery".

Reflection:

- ✓ After sharing and interaction, the moderator may offer his remarks and observations on the group processes and add any ideas and points that may help the participants to further assimilate the main findings of the day.

Personal Prayer:

- ✓ Give time to the participants for silent prayer and reflection.

Group Prayer.

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

Exercise 6

BEING INTRODUCED TO A GROUP OF STRANGERS BOTH BY A FRIENDLY AND BY AN UNFRIENDLY PERSON.

Note for the Moderator:

- ✓ This exercise is based on a fantasy that I am being introduced to a group of people both, by my best friend and an enemy.
- ✓ This fantasy may help the participants to "project" the ideas they have about the way others both, friends and enemies see them.
- ✓ This exercise may help them to have a more balanced and objective appraisal of their positive and negative qualities
- ✓ Their unconscious self-image may surface. In fact, the way we think others see us is the way we see ourselves..
- ✓ The participants may be enabled to accept feedback, both positive and negative, in a non-threatening way.
- ✓ The fantasy will help us to accept the fact that all of us are a mixture of positive and negative qualities. We have to get reconciled with this fact if we have to be true to ourselves.
- ✓ It may also caution us against uncritically accepting what others say of us

Group Size:

If the number of participant exceeds 8 or 10, divide them into smaller groups for the sharing part of the exercise.

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

Requirements:

Writing material for all.

1. The Fantasy: Instructions

- Close your eyes...remain silent for a while.
- Relax ... Awareness and/or breathing exercises may help.

Guided Fantasy:

Imagine you are standing in front of a large group of strangers, people whom you do not know

- Get in touch with your feelings of loneliness, fear, anxiety...
- Will they accept you?... Will they reject you?...

All of a sudden a very good friend of yours, actually your best friend, walks in..

- He and the group know each other very well...
- He knows you very well.... He likes you... He appreciates you very much...
- He is happy now to introduce you to the group...
- Listen very carefully to what he says to the group about you...
- He wants to tell the group all he likes in you... Your good qualities... Your achievements....all your good points...
- Fantasize....Listen to him....Take note of all he says...
- Be aware of your feelings...

Soon after that, another person joins the group... He happens to know you also, but he is not your friend; in fact, he dislikes you. He is very critical of you...

- He also wants to introduce you to the group....
- He will not excuse your weaknesses and drawbacks... He will expose your short-comings and defects to the whole group.....
- Listen to him very carefully...
- Openly he tells the group all he dislikes in you... your mean streaks, your weak points and failures as he sees them....
- Fantasize....Take note of all he says...
- Be conscious of your feelings...

2. Personal Work. Reflections and Writing:

First, write down in detail:

- All your best friend told the crowd about you....
- And how you felt about it....

Next, write in detail also,

- All the person who dislikes you told the crowd about you.....
- And how you felt about it... ..

Ponder and reflect on the following, write down your reflections.

1. How much do you agree with what your friend said? Why?
2. Was he really objective and true in his estimation and description of you? Comment.
3. How much do you agree with what your enemy said of you? Why?
4. Was he, really objective in his estimation and description of you? Comment
5. What's the way you see yourself, both in your strong points and in your weak points? Are you objective and fair in the way you judge yourself? Comment.
6. What are the insights you got from this exercise? What have you learned about yourself? Comment.

3. Group Work: Sharing – Interaction - Reflection:

Sharing:

- ✓ One by one the group members will share what they wrote. *Each one will share only what he feels confident to share.*
- ✓ After all finished their sharing, any one may ask for clarifications. *Questions and discussion on what has been shared not allowed.*

Interaction

- ✓ Encourage interaction along with personal reflections on one's self-image.
- ✓ After the sharing and interaction are over, anyone may ask for feedback from the group. *No one will be given feedback unless he asks for it.*

Reflections and In-put.

- ✓ The moderator may add his own observations on the group processes, and on the insights obtained.
- ✓ He may give a short input on
- ✓ How our self-image influences our thinking, feeling and acting,

- ✓ How our self-image is formed, deformed, and reformed according to the perceptions others have of us.
- ✓ On the importance of getting feed- back, both positive and negative to improve ourselves.
- ✓ On how to assess objectively the way others judge us.

Personal Prayer

- ✓ Give the participants some time for silent prayer and reflection.

Group shared prayer.

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