

# **GROW AND LET GROW**

**In your dealings with people do you grow?**

**Do you help others grow?**

## **An Encounter**

### **Intent of this encounter''**

- ✓ *To help the participants understand that our growth, as well as the growth of others is conditioned to the way we treat others and the way we are treated by them.*
- ✓ *To realize the importance of always being positive, accepting, supporting and appreciative while dealing with others.*
- ✓ *To realize that most of us are sort of frozen in our human growth and development.*
- ✓ *To check how much the way we relate with others helps them and us grow*
- ✓ *To make “**Grow and let Grow**” the motto of our life.*

### **Uses of These Notes**

- ✓ For a “Personal Encounter”
- ✓ Catechism and moral education.
- ✓ Discussion groups
- ✓ Growth sessions
- ✓ Community building exercises
- ✓ Human relations workshops

### **Target Audience**    Any group or association

- ✓ Families
- ✓ Religious Communities
- ✓ Teachers and students
- ✓ Office staff and work colleagues.
- ✓ Clubs, recreation, social, sports, etc.
- ✓ Religious groups and organizations: legionaries, parish associations, etc.

### **Requirements**

- ✓ A room or space place suitable to play the `freezing game`
- ✓ Questionnaire and Examination forms for all.

### **Step 1.    Introductory Session**

Singing hymns and/or bhajans

Opening prayer

## **Step 2. Playing the "Freezing Game".**

### **Rules of the game**

Ask for volunteers. You need roughly 25% of the total number of participants to volunteer. (Say 5 volunteers from among 20).

1. The volunteers will be the "**freezers**", and all the rest will be the **free** or "**unfrozen**" people
2. The "**unfrozen**" will move all over the space assigned for the game. (*The size of the space assigned should be proportionate to the number of participants*)
3. The "**freezers**" job is to run all over the place and freeze all the "free" or "unfrozen" ones by lightly touching them.
4. Those who have been touched instantaneously will become "**frozen**". They are to remain frozen (like statues) on the very spot where they have been touched. They will keep their arms folded on their chest.
5. Those still "free" or "**unfrozen**" may "**defreeze**" their partners who have been "**frozen**". They will do so by coming close to them and touch them lightly.
6. The "**defreezed**" ones will be free again to run all over and to "**defreeze**" their companions.
7. The goal of the "**freezers**" is to freeze the whole lot, and that of the **free** and "**unfrozen**" ones to stop them from doing so.
8. When the whole lot is frozen, or if the "freezers", after a reasonable time do not manage to do so, (*say 6 to 8 minutes*), the game is called off.

## **Step 3. Personal Work: Reflection on the Game**

Note for the moderator:

- ✓ After the game, he will distribute questionnaire forms to the participants.
- ✓ All have to reply to it, in silence and in writing. Short replies!
- ✓ The moderator will frame the questions keeping in mind the nature and composition of his audience. (*Children, boys or girls, teachers, office colleagues, community members, etc...*)
- ✓ Below, you will find a questionnaire used for an event given to a large number of religious of sisters for an exercise on "community life and community building". We offer this questionnaire in the hope that it will help you to prepare your questionnaire while offering this exercise to different groups; e.g. Marriage Encounter Groups, School Staff, High School or College Students, etc.
- ✓ It is worth noting that questions 1 to 7 of the questionnaire are mainly to draw from the participants their ideas, reflections and thoughts.
- ✓ Questions 8 to 15 are more personal and ask the participants to draw from their own life experiences.
- ✓ Keep this point in mind in case you expect them to share their replies. The sharing on questions 8 to 14 should be left absolutely free. No one should feel bound to share personal or confidential experiences.

## **"FREEZING GAME": A QUESTIONNAIRE**

### **Note:**

*As mentioned above, this questionnaire was prepared for religious sisters. You will have to prepare your questionnaire adapted to the needs of your audience.*

1. What would be "frozen" members in our communities? Explain. Give their characteristics.
2. What and who would be "freezers" in our communities? Explain. Give their characteristics.
3. Who would be "defreezers" in our communities? Explain characteristics.
4. How do we, individually or corporately, consciously or unconsciously, freeze our community members? Give illustrations.
5. How can we defreeze them? By what means? Give illustrations.
6. Why is it that some people who are "frozen" do not want to be defreezed?
7. Why some "free" and "unfrozen" people do not care to defreeze others? Give reasons
8. Have you ever been frozen? Give instances. How did it happen? What were the effects of being frozen on you? How did you feel?
9. Have you ever been defreezed? Give instances? How? By whom? What were the effects of it on you? What were your feelings?
10. Have you ever frozen others? Give instances. How did you do it?
11. Do you do it intentionally? Then, why did you do it? What were your feelings?
12. Did you ever defreeze others? Give instances. How? Why? What were your feelings?
13. All in all, as a member of your community are you a "freezer" or a "frozen" person? What makes you say so?
14. Is there anything you would like to change in your relationships towards the members of your community?
15. Is there anything you would like the members of your community to change in the way they relate to you? Would you mind mentioning it? Would you let them know?

### **Step 4. Small Groups Sharing**

- ✓ If the group is larger than 10, divide it into smaller groups of 5 or 6 each.
- ✓ Since the answers to questions 8 to 15 may be rather confidential, the participants may prefer to have the sharing in groups of their own choice. In that case, let them group as they wish; however, no group should be larger than 6 or smaller than 4.
- ✓ Let them begin sharing their replies to questions 1 to 7. Only after sharing on these questions, let them pass on to questions 8 to 15. Remember, however, everybody is free to share only what he/she feels at ease to share.
- ✓ On questions 1 to 7 there can be questioning, discussion and debate. On questions 8 to 15 only clarifications will be allowed. No discussions.
- ✓ Someone in the group may take notes of what is shared or discussed on questions 1 to 7. In respect of the other questions (8 to 15) let only the insights, feelings and observations of the group at large, may be recorded. Nothing that is personal and confidential should be recorded.

### **Step 5. General Group Session: Sharing and Input**

**Sharing**

The group secretaries will read their reports to the house.  
Clarifications, reactions and discussions should be encouraged.

**Input**

The input can be based on  
The reactions and discussions at the general session.  
The emotions, feelings, defenses that surfaced in the discussions.

**Suggested thoughts for a ninput**

- We do not grow in a "vacuum" but in a "social context" that acts sort of a "laboratory culture".
- If the "culture" is favorable and warm we grow fast, if it is hostile and cold we shrivel. The "culture" in which we lived and live is formed by all the "social relationship nets" like family, school, church, place of work, neighborhood, social intercourse, etc.
- Each one of these nets may "freeze" or "defreeze" us and help or hinder our growth
- Most of us, to a large extent, are "frozen" people.
- We have hardly realized or used the 10% of our capacities; the 90% of our potential is still frozen! There is so much potential yet to be tapped!
- At the same time, all of us, to some extent, are also "freezers".
- We do not help, as we could, those who live with us to bring out the best in hem. We clip their wings!

**Unawares, the ways we may freeze others are:**

*(Explain and give instances)*

Put-downs.	Negative strokes.	Discounts.	Ridicule.
Criticisms	Sarcasm	Judgmental attitudes	Rejections.
Forgetfulness.	Indifference.	Not taking people seriously.	Ungratefulness.
Withholding praise.	Not stroking	Making them feel unwanted	Etc.

The ways to defreeze people are diametrically opposite to the above mentioned ways.  
Describe them and show how to use them and on how to build up people.

**APPENDIXES****APPENDIX ONE****Group Activities****Note for the Moderator**

*Activities are very useful and effective to drive home the main thoughts of day.  
The best time for group activities is the afternoon hours.*

### **Preparation of the Activities**

- ✓ Divide the participants into smaller groups.
- ✓ Give the following instructions
- ✓ Each group will prepare one activity to exemplify any of the main ideas of the sessions.
- ✓ Give sufficient time to the groups for preparation.

### **Possible themes**

Freezing, defreezing, frozen people, discounts, criticisms, put-downs, rejection, ridicule, sarcasm, forgetfulness, judgmental attitudes and their effects on people.

Positive strokes, praise, recognition, acceptance, love, support, empathy, and their effects on people.

### **Possible activities.**

Drama.	Mime.	Poster.	Radio-play.	Song.
Collage	Role-play.	Action-Song.	Cartoon.	Puppet Show.
Poem.	Photo-language.	Dance drama.	Parable.	Tableaux,
Stories,	Etc.			

### **Presentation and Analysis**

The small groups will present their activities to the house.

Each presentation will be followed by a short analysis, evaluation and discussion.

Evaluate not so much the artistic or dramatic value of the presentation but its representative value, and emotional impact.

## **APPENDIX TWO Personal Examination Sheet**

**Note:** *To be adapted to the specific audience addressed to*

*This examination sheet was given to religious sisters.*

### **All in all, in your life, have you been a "freezer?"**

- Do you indulge in criticisms?
- Are you judgmental?
- Put-downs?
- Discounts
- Ridicule?
- Backbiting?
- Tale-bearing?
- Gossiping?
- Fault-finding
- Are you disinterested about others?
- Are you aloof and cut off from others?
- Do you distrust others?
- Do you forget the needs of others?
- Do you share their joys and sorrows?

- Do you show coldness towards your community members or some of them?
- Are you happy or unhappy about the way you dealt with the members of your community?
- What can you do about it?
- How will you go about it in the future?

**All in all, have you been a "defreezer"?**

- Do you encourage the members of your community?
- Do you praise them?
- Accept them?
- Support them?
- Help them?
- Appreciate them?
- Do you communicate with them?
- Trust them?
- Try to understand them?
- Can you improve these positive attitudes of yours?
- How will you go about it?

**All in all, in your life have you been a "free" person or a "frozen" one?**

- Are you shy, withdrawn, fearful, prey to human respect, dependent on what others say or may say about you?  
What do you think you can do about it?
- Are you subservient to authority, submissive, afraid of authority?  
What do you think you can do about it?
- Do you over-react violently to criticism, or get easily discouraged and depressed, unable to assert yourself, feeling unwanted, indulging in self-pity?  
What will you do about it?
- Are you a perfectionist, punctilious, scrupulous, legalistic-minded, lacking initiative,?  
What do you think you can do about it?

**All in all, are you satisfied with the manner others deal with you in your community?**

- What things do they do that you resent? Dislike?  
Can you reverse those behavior patterns? How?
- How would you like others deal with you?  
Can you tell them about it? What prevents you from telling them?