

# WHOM WOULD YOU CHOOSE?

## A Bonding Exercise

### Intent of this Exercise

- ✓ To grow in mutual trust and bonding among a group members.
- ✓ To give positive feed back to your partners and companions.
- ✓ As a bonding exercise for a group that meets often, or that works or even lives together

### DYNAMICS OF THIS EXERCISE

#### Notes for the Modertaor

- Start the session with a common warming exercise and a group prayer
- Next, ask the participants to fill the little questionnaire form below here.
- Then, tell them to meet, by turns, in twos, the people whose names they have written in the forms.
- They will be given slots of five minutes, each turn, to meet one another
- After every slot of five minutes give a signal for them to change partners.
- Encourage them to meet again in twos –during the day at their leisure time - for unlimited time.

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## **1. Introduction**

Meet, and pray together for a while.

## **2. Personal Work**

### **QUESTIONNAIRE FORM**

#### **Answer in writing to the following points**

1. If I had to entrust all my money and my belongings to someone of this group, I would  
Chose.....
2. If ever I would be in need of advice I would go to.....
3. If I had to take a partner for a birthday party, I would invite.....

4. If I had to go for a trip abroad I would choose.....
5. If I wanted to enjoy a picnic I would invite.....
6. If I were to be seriously ill, the one I would like most to visit me would be.....  
.....
7. If ever I would feel depressed and in the dumps, the one likely to encourage me would be.....
8. The one I would confide all my secrets would be.....
9. If ever I would fall in a serious trouble, I would go for help to.....

**Note**

After you answered these questions, *following the instructions of the moderator*, you will meet - in twos - the people concerned and will tell them why you have chosen them.

Tell them what and how you feel about them.

Be personal and friendly

Pray together for a short while.

Then meet the next person.