

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

By Check-Lists

Exercise 1. Inventory List

Exercise 2. Balance Sheet

Exercise 3. Life Graphs

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 Inventory List

Note for the Moderator:

- ✓ *This exercise is simple and harmless.*
- ✓ *Anyone can attempt It can be conducted with all types of audiences.*
- ✓ *It can prove a good the start of any "self-revelation" and "self-discovery" sessions.*
- ✓ *The participants are asked to prepare two short and quick inventories lists, one of six "positive" and a second one of six "negative" qualities or traits of character they discover in themselves.*
- ✓ *The participants will share their inventories with the group.*
- ✓ *The moderator will affirm the participants while they do their sharing both of their plosive ad negative points.*
- ✓ *Encourage the participants to give "positive" feedback to one another. Do not allow any "negative" feedback at this stage*
- ✓ *Prepare cyclostyled copies of the mini questionnaire below here.*

Group Size:

The group should not exceed 10 or 12 people. If the number of participants is larger divide them into smaller groups. Secure good moderators for the groups.

1. Filling up the Questionnaire:

Give copies of the questionnaire to all.
Explain to them how to fill it.

2. Sharing - Interaction - Reflection:

- The participants will, one at a time, share their "inventories" with the group.
- Clarifications may be asked. Questions and discussion on the material shared will not be allowed.
- Encourage interaction between the participants..
- The moderator will "affirm" all and each participant by accepting them as they are.
- In particular, he will help them to become aware of the following:
 - It's easier to find "negative" than "positive" traits in oneself..
 - Most of us know little of our strengths.
 - We have a poor self-image. We do not like ourselves. Why?
 - In many cases, others see us better than we see ourselves.
 - We may not accept or take in "positive strokes".
- The moderator should ask them to remember their thoughts and feelings while writing their inventories and even more important while sharing them. What do those feelings show of themselves?
- Close the event with a shared group-prayer in which all pray for one another.

INVENTORY LIST:
MY POSITIVE AND NEGATIVE QUALITIES
(A mini-questionnaire)

Instructions:

You will find two lists. One is about your good or strong points, the other about your weak points or deficiencies.

While filling these lists, be quick and honest.

Be aware of the thoughts and feelings you experience while you write down your good and weak points.

LIST SIX GOOD POSITIVE QUALITIES YOU CAN FIND IN YOURSELF:

(Time limit: 3 minutes)

Note carefully the thoughts and feelings you experience while writing the list of your good and positive qualities (Time limit: 3 minutes)

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

LIST SIX NEGATIVE OR WEAK POINTS IN YOUR CHARACTER

(Time limit: 3 minutes)

Note carefully the thoughts and feelings you experience while writing the list of your negative traits or weak points. (Time limit 3 minutes)

- 1
- 2
- 3
- 4
- 5
- 6

Exercise 2 Balance Sheet

Note: The participants will be asked to reveal to the group their strengths and weaknesses in some areas of their life.

Group Size:

Groups not. to exceed 10 or 12 persons. If the number of the participants is larger, divide them into several groups. Secure good moderators for the small groups.

Requirements:

Writing material for all.

:

1. Personal Work: Prepare a Balance Sheet: Assets and Liabilities

In two columns, facing each other, write the assets and liabilities in one or two areas of your life: For instance,

1. In your studies.
2. In sports.
3. In social life and social relationships.
4. In community life.
5. In your prayer life.
6. As a son, father, mother, husband, wife...
7. In your job or occupation, work or professional life.
8. In your moral life.
9. In physical fitness and bodily health.
10. In mental health and emotional balance.
11. In your relationships with the opposite sex.
12. In your masculinity or femininity.
13. As a Christian.
14. As a priest or religious.
15. In your leadership qualities.
16. Etc., Etc....

Note: The moderator will decide in which areas of their lives the participants will prepare their "balance-sheets". Make sure that only one or two areas are covered in one session.

2. Sharing - Interaction - Reflection:

- The participants will share their "balance-sheets" with the group.
- Clarifications may be asked. Questions will not be allowed.
- After sharing, interaction will follow. Interaction is the most important and delicate part of the exercise. Through interaction the participants will be encouraged to go deeper into their "self-revelation".
- Both the moderator and the participants should be supportive, positive and affirming.
- After the sharing and interaction are over, the moderator may offer his comments and analyze the processes and insights of the group.
- He should make them understand and emotionally accept the fact that not everybody has the same talents in all areas of life. We complement each other.
- This does not mean that anyone is inferior to any other. We are unique.
- We should accept ourselves as we are, and accept others as they are. .
- At this moment the participants will be free to ask for some positive feed-back from the group. *No one should be given feed-back unless he expressly asks for it.*
- Close the session with some time for personal reflection, prayer and internalization.

- Round it all by a short group-prayer where all pray for one another.

Exercise 3 Life Graphs

Note for the Moderator:

- ✓ *This exercise aims mainly at self-revelation. It has also some potential for "self-discovery"*
- ✓ *It consists in making the participants prepare "life-graphs" on some specific areas of their lives during a specified period of their lives.*
- ✓ *The moderator will indicate very clearly to the participants on what area or areas of their lives they will have to prepare a graph. e.g. on their studies, on their social relations, etc.*
- ✓ *The graph may deal with objective facts like job performance, prayer life..., or on feelings and emotional states like frustration, joy, anger...*

Group Size:

The group should not exceed 10 or 12 members. If the number of participants is larger, divide them into smaller groups. Secure a good moderators for a the small groups.

Requirements:

Graph paper for all
Ball-pens or pencils.

1. Draw a Graph (Graphs) Representing the Course of Your Life:

- a) Time delimitation: (*It's the choice of the moderator*)
- From your age of 10... or 20... or 30... by yearly sequence.
 - Of the last year, month by month...
 - Of the last month..., or two months... week by week...
 - Of the last week... day by day...
- b) Expressing or showing: (*Facts, habits, actions...*)
- Your family life..., your performance as a son, daughter, father, mother, husband, wife
 - Prayer life..., personal relationships...
 - Physical health...
 - Work, job, school or college life, professional life...
 - Moral life...
 - Christian life...
 - Relationships...
 - Social and/or political involvement...
- c) Representing or depicting: (*Feelings, emotional states...*)
- Your emotional life...
 - Your frustrations...
 - Your anger...

- Your happiness... fulfillment...
- Your anxieties and fears... etc., etc.....

2. Sharing - Interaction - Reflection:

- The group members will show and explain their graphs to the house.
- Clarifications may be asked. Discussion and questions not allowed.
- At this point interaction is to be encouraged. Through proper interaction the participants will be encouraged to further self-revelation.
- The moderator may pass his own remarks on the graphs and on the processes of the session.
- Participants may ask for feedback from the group. *No feed- back shoul be given unasked.*
- Give to the group some time for personal reflection, exteriorization and prayer.
- End the event by a shared group-prayer in which all will pray for one another.