MY TRUTH IS...



CENTRS MARTA

Not specified

indoors

30 mins

coaching & mental well being

PURPOSE

- This activity is a good starting point to start to address, accept, and talk about ourselves and our feelings.
- To vent our feelings.

PREPARATION

It is important first to read the room and understand the emotional capacity of the group.

MATERIALS

A space where several small groups can sit down independently without distracting each other.

INTRO

Sharing our emotions reduces stress while also making us feel closer to others with whom we are sharing, thus providing a sense of belonging. When we open up our inner selves and people respond with sympathy, we feel seen, understood, and supported.

MY TRUTH IS...

STEPS

1. Split the participants into teams of 3-4 and ask them to form small circles. Invite teams to find a comfortable and intimate place to sit.

2. Explain that for the next 9 minutes participants in each circle are invited to share among themselves by expressing statements starting with "My truth is..." Speaking is done by everyone in turn. Other participants just listen without commenting. It is important to explain that participants are free to choose what they share in their small circles so that they feel comfortable.

3. After 9 minutes, invite participants to thank their circle and switch the small teams. Exercise is starting again in new circles. Repeat this 3-4 times because different people will help to ventilate different kinds of emotions.

REFLECTION

After the exercise, invite participants to form the big circle again. Explain that reflection should be done on the exercise itself not on what was said by participants during the "venting".

- How did you feel during and after the exercise?
- Was it easy to share your statements?
- How did you feel when listening to others? Did other participants' statements resonate with you as well?

COMMENTS

Ask the group if a break is needed between switching the circles.

This exercise can be used in online meetings as well by dividing the group into breakout rooms.