

b. Comments: How did it feel to express yourself with crayons? Did you want to draw a picture rather than an emotional state? What sort of obstacles are blocking you from being the person you'd like to be?

a. Take whatever crayons you like. On one side of the page draw your feelings right now. On the other side, draw where you would like to be in terms of who you are.

5. Expression of Self Through Art

a. Imagine yourself as an animal. Be somewhere you'd like to be. Play for awhile. Eat something.

Now imagine someone you hate as an animal. Imagine where he must live. The animal you are meets this animal.

What happens?

Now imagine someone you love as an animal. The animal you are meets this animal. What happens?

b. Comments: Compare and contrast the different encounters. Was it difficult to change yourself into an animal? Was it difficult to imagine someone you hated? Did you learn anything about your own behavior from the animal that was you?

7. Getting In Touch With Your Strengths and Resources  
a. Complete the following sentence - I have the following strengths and resources available to me... - mentioning people you know, skills you have, character traits etc.

b. Comments: Did this exercise give you a more secure feeling about yourself? Do you depend more on external or internal resources?

8. Self-Sabotage Game
- a. Anticipate what you will say to yourself to preserve your status quo, to keep yourself from growing or changing.
- b. Comments: Be aware of the techniques you use to trick yourself. List some of the excuses you made to yourself and then question their validity.

9. Role-Playing
- a. Identify different aspects of your personality which send you conflicting messages about the same issue. Separate them, and have each confront the other.
- Identify a situation in which you exhibit mechanical behavior. Reenact that situation, choosing a new behavior.
- b. Comments: In the gestalt role-play, did you experience any resolution of your inner quality? Did you come to like one self more than the other?
- In the other role-play, how did it feel to rehearse a new behavior? Artificial? Do you think this new behavior can carry over into real life?

10. Animal Game
- a. Each person writes down the name of an animal that he identifies with or would like to be like. Names are thrown into the center and drawn out one at a time. The group tries to guess who picked which animal.
- b. Comments: What did you find out about how others view you? What did you find out about how you view yourself?

11. Virginia Woolf Game
- a. Form groups of two men, two women. First, men stand and abuse women by listing all the feminine stereotypes they can think of. Then it's the women's turn. Negotiations: Women list all the feminine stereotypes used by the men which they think are unfair. They then exact promises that the men will not use these in speaking of women. Same for men.
- b. Comments: Did you find that you ever actually agreed with a stereotype? When you heard stereotypes about your sex, how did you react? List some of the stereotypes you found offensive.

12. Trust Circle
- a. Group forms a circle, with one person in the center. Eyes shut, body rigid, he falls back into the group. The group catches him. Each person becomes the one in the center.
- b. Comments: How did it feel to fall? How did it feel to have the responsibility of catching someone? Which role did you prefer?