

Honeyshower

Group exercise

Description

As many index cards are laid out as there are participants in the group. The index cards are each labelled with a name and each participant is asked to think of one thing that he or she likes about him or her and write it down on the respective index card. Only positive phrases are allowed. The "tone" must not be abusive or inappropriate.

At the end, each participant is given his or her own index card and has time to read through it and enjoy his or her "honeyshower" in peace. Afterwards, the large group discusses how each participant found the experience with his or her "honeyshower".

Material/wall

10 index cards, 10 pencils (if there are 10 participants)
free space (yoga room)

Therapeutical themes

Group cohesion, empathy, pride/self-worth, communication

Key questions

How did you feel about the "honeyshower"? Can everyone accept their compliments or does it lead to automatic devaluations such as "my notes are meaningless"?

Variations

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Tips

Distribute the cards at the beginning of the session on a surface, so that the participants can fill them in over the course of the session with enough time. Calculate enough time for participants to enjoy their "honeyshower".