

“EVERYTHING BUT....”

PURPOSE: the aim of this activity is to help members articulate that which is most important to them and in the process, perhaps illuminate “gifts” that might have become “addictions” as they are challenged to make choices between many entities that they esteem. The list is purposefully expansive to stretch a person’s imagination in reflecting upon the many gifts that are part of their daily lives. Not only is the activity intended to highlight disordered attachments but also grow in gratitude for the gifts in one’s life.

MATERIALS:

- Pens
- Square papers (30 per member)

FACILITATOR INSTRUCTIONS:

- Give each member of the group 30 square pieces of paper.
- Explain the rules of the activity:
 - 1) Tell them that you will instruct them on what to do with the papers throughout the activity and they cannot do anything apart from your instructions.
 - 2) Once decisions have been made with squares, there is no “going back.” A decision is always final and decisions will only be given a set amount of time (decisions will be made more clear as the activity goes on).
 - 3) No talking during the activity. It must be conducted in silence.
- Invite members to write each of the following on their squares:
 - 1) 5 most important material items
 - 2) 5 most important people in their life
 - 3) 5 important goal/hopes for the future (for your life)
 - 4) 5 important memories
 - 5) 5 meaningful talents
 - 6) the 5 activities that take up the most of your time

*Have them think about the many of the things that they are carrying with them at this time or about the many activities, people, talents, etc. that occur in their daily lives.

*If members say they cannot think of 5 things, tell them “YES YOU CAN- THINK MORE CREATIVELY!”

- Once all group members have written their 30 items invite them to “let go” of each of these gifts in phases. You may consider a creative way to “let them go.” Encourage members to notice their particular orientations or feelings as they have to let go of squares.
- PHASE 1: let go of 10 squares (with at least 1 square coming from each category)
- Give 2 minutes for members to decide. As a reminder, as soon as their square is face down in the communal center or in the bucket, etc. They cannot take them back.
- PHASE 2: let go of 6 more squares (Give 1 minute for members to decide)
- PHASE 3: let go of 4 more squares (Give 30 seconds for members to decide)
- PHASE 4: let go of 4 more squares (Give 20 seconds for members to decide)
- PHASE 5: let go of 3 more squares (Give 15 seconds for members to decide)
- PHASE 6: let go of 2 more squares (Give 10 seconds for members to decide)
- PHASE 7: Let go of everything. Invite members to announce the last square they put down and reflect silently on the question: What remains?
- Invite members to reflect upon their experience of the activity and their orientation toward the “letting go.” Utilize questions under the “LISTENING” section for guidance.