









13. Title: "Continue the phrase"

	<p><u>time frame</u>: 1 hour</p>
	<p><u>location</u>: a room</p>
	<p><u>participants</u>: 6 - 20</p>
	<p><u>material</u>: -</p>
	<p><u>procedure</u>: The trainer starts telling a phrase and the participants have to continue it. Everyone in turn will be asked a different question. The phrases are chosen by chance for each person.</p> <p>The questions are about failures and anxieties as we don't cultivate the elusion only for strengths but also for weaknesses as part of the strengths.</p> <p><i>Something that I do well is.....</i></p> <p><i>Something that I am improving is</i></p> <p><i>I Can..</i></p> <p><i>I am proud of.....</i></p> <p><i>My bigger strength is.....</i></p> <p><i>I can help the others.....</i></p> <p><i>I taught somebody.....</i></p> <p><i>I need help to.... ..</i></p> <p><i>I learn</i></p> <p><i>I feel strong when.</i></p> <p><i>Once I managed to.....</i></p> <p><i>Something that II can do by myself is</i></p> <p><i>People cannot force me to.....</i></p> <p><i>They praise me when.....</i></p>

	<p><i>It seems that they respect me when.....</i></p> <p><i>I want to be able.....</i></p> <p><i>I want to be strong enough to.....</i></p> <p><i>Sometime that I was a leader.....</i></p> <p><i>I am not afraid to.....</i></p> <p><i>Something that I can do now which I couldn't do in the past is that.....</i></p> <p><i>Those who agree with me make me to.....</i></p> <p><i>The strong, independent people.....</i></p> <p><i>I have a difficulty to.....</i></p> <p><i>I am afraid to.....</i></p> <p><i>I wish I had the courage to</i></p> <p><i>I didn't manage to</i></p> <p><i>I failed when.....</i></p> <p><i>It gets on my nerves when.....</i></p>
	<p><u>goal / purpose:</u> To raise the participants self-awareness and self-confidence</p>
	<p><u>Questions for discussion:</u></p> <ul style="list-style-type: none"> - Was it easy or difficult for you to answer the positive questions? Why? - Was it easy or difficult for you to answer the negative questions? Why?
	<p><u>Source:</u> Movement "PROTASI" – Centre of Creative Occupation – Project: "training of volunteers"</p>