

COMMONALITIES EXERCISE

Participants form two circles around each other. Turn so that each person on the inside of the circle is facing someone in the outside circle.

After focusing on our assumptions in the “target/Non-Target” activity, we are now going to spend 10 minutes thinking about some of the ways in which we may share some commonalities.

Close your eyes.

Feel your breath move through your body.

Do whatever you need to do to start to relax

Allow yourself to take a risk, to go a little further, a little deeper.

When I ask you to open your eyes, please look at the person standing across from you. If it is comfortable for you, and for them, make eye contact with that person.

When I say “move”, move one person to your right.

Open your eyes.

See someone who wishes to give of themselves

Move one person to the right. Look at the person across from you.

See the wise part of that person.

Move.

See in that person someone who has experienced the pain of being different.

Move.

See in that person the willingness to learn.

Move

See that part in that person that wants to be acknowledged.

Move.

See the part that is willing to take a risk

Move.

See in that person someone who is proud of his or her uniqueness.

Move.

See the lonely part of that person.

Move.

See the strength in that person.

Move.

See the part that doesn't quite fit in.

Move.

See in that person someone who has longed to be accepted.

Move.

See the vulnerability in that person.

Move.

See in that person the part that grieves for all their spoken and unspoken losses.

Stay where you are.

See the teacher in that person.

Now please close your eyes.

Feel your breath move through your body.

Let yourself begin to relax

Notice all feelings about isolation.

Notice your feelings about all our commonalities

Notice your feelings about yourself.

When you are ready, open your eyes and take a few moments to acknowledge the people around you.
(let them know that hugging is o.k. but not required).