Title: Things Are Not Always As They Seem

Exercise Code: SLINTEGRA044

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| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies | Individual  Small group  Large group | 15 min |

**Purpose:**

* To learn how to correctly evaluate the situation
* To develop healthy responses to situations or events
* To learn and improve positive interactions with people

**Description:**

Think of a time that you jumped to a conclusion and said or did something you regretted.

Knowing the truth helps us to make better choices. In the space below describe the

* Trigger event (what happened)
* Reference (how you incorrectly evaluated the situation)
* Unhealthy response (what you did or said that you now regret)
* Truth (what was really going on)
* Healthy response (what you can do)

**Methods:**

Experiental learning, discussion

The exercise can be carried out individually, or in a smaller or larger group. As an individual exercise it can help in evaluating one’s own flaws in judgement of events, people and situations. But in a group dynamic, the exercise is a tool with which the trainer encourages the participants to get acquainted with what healthy and unhealthy responses to events, people or situations mean.

**Advice for Trainer:**

The trainers should pay attention to the essence of the exercise, which is the presentation and informing of what it means when a person reacts healthy and functionally to outside factors and how a person with an unhealthy response acts. With concrete examples the trainers should illustrate the difference between the two and bring the content of the exercise closer t the participants.

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University, St. Louis

**Handouts:**

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