



PARTNER AFFIRMATION

TYPE:

Energizer

GROUP SIZE:

Any

MATERIALS:

Copies of provided worksheet & pens/pencils

INTRODUCTION:

Today we are going to participate in an exercise that will help us understand how others perceive our contribution to the group.

DESCRIPTION:

Partner group members. Designate one person as Partner A and the other as Partner B. Instruct Partner A to use positive adjectives to describe Partner B. Partner B is not permitted to speak during this time. Allow 2-3 minutes for this part of the exercise. Now ask the partners to reverse roles. Have each person fill out the provided worksheet. Facilitate a discussion using the processing questions listed below.

PROCESSING:

- How did it feel to hear your partner describe your attributes?
- What adjectives used by your partner surprised you?
- How do we show appreciation for one another in our group?
- How do you appreciate yourself?
- What reaction do you have to the process of filling out the worksheet?

OUTCOMES:

- Builds self esteem
- Opens lines of communication
- Facilitates member appreciation

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely