

Exclamations

<u>Directions</u> – This activity can be used as an icebreaker or at any time with the purpose of getting group members to open up, talk, and share. The counselor/group leader should select phrases from the list and open it up to members in the group to share in one or two ways (listed below), related to the phrase selection.

- What is a situation in your past or recent life where you found yourself thinking or saying this phrase?
- (Or) What would be a situation that could come up (realistically) in your life where you could find yourself having this reaction?

The counselor/group leader should ask appropriate process questions in between answers to probe further. Some examples/ideas:

- Could you see this situation happening again in your life?
- What led to the situation? (Or for a future situation: What could end up leading you into that situation?)

I win!I am so at peace right now.I lose!What in the world?That was a one in a millionI've never been so afraid.I'm on top of the world right nowI'm at my breaking point!I never thought this would happenI din't know I had that in me.1 always freamed one day this would happenThis feels like a dream.This is a disaster!I need a moment to process this.I can't take it anymore!I'm completely overwhelmed.I am so happy right now.I'm done with this!Worst day ever!My anxiety is through the roof.I'm speechless!What a nightmare!I'm speechless!What a nightmare!I'm so grateful.I'm in shock!I could do this forever!I made my family proud.I don't know how to feel about this.I scored above my pay grade.I's not fair!I'm so gradeful.I'm so giad this is behind me.I'm so gradeful.Never again!I'm so grade this is behind me.How did this even happen?I'm so grade this is behind me.I'm su targe and ith at off?I'll laugh about this someday.How are referent this!I'm taking the high road.What a relief!I'm so grade this is movent for anything.How at truly beautiful sightI'm take the some true.How did this even happen?I'm take this behind me.I'm so grade this is behind me.I'm so grade this is behind me.I'm taking the high road.I'm taking the high road.How are this!I'm taking the high road.How are this!I'	I can't believe it!	I'm a better person because of this.
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Exclamation List



Closing Process Questions:

- Support & Shared Experiences: Did anyone else's story or experience resonate with you, and how did it help you reflect on your own?
- Self-Reflection: What did you learn about yourself or your reactions from today's activity? Was there a moment that surprised you in reflecting on these situations or phrases?
- Growth & Goals: Did today's discussion highlight any personal goals or areas you'd like to grow in?
- Future Focus: What is one takeaway from today's discussion that you will try to keep in mind to keep your life moving in a positive direction going forward?

