

# Step Into the Circle

## Purposes

To find similarities and differences among the group and build a sense of safety, allowing people to share difficult things. Proceed cautiously. This must be done gently. Opening up too early too deeply may create a sense of isolation, distrust and need for protection. Is there enough community in the group? Are people secure enough in themselves?

## Time

30 minutes.

## Instructions

1. Ask people to stand in a circle.
2. "In this activity I will read several examples of life experiences. If what is asked is true for you, please take one step into the circle. Then we will be quiet for a moment and imagine what life is like for those for whom it is true and for those for whom it is not true. Then, step back. This is a serious exercise. It will be done in silence, without comment verbal or non-verbal. You have the right to pass. Are there questions before we begin?"
3. "Step into the circle if you..."
  - Have children
  - Are the youngest child in your family
  - Are the oldest child in your family
  - Like to play
  - Have hurt another person
  - Faced violence in your own family
  - Are afraid to sleep at night
  - Isolate yourself or feel abandoned
  - Have been shot at
  - Have carried a weapon
  - Have experienced sexual harassment
  - Have been touched inappropriately
  - Have been sexually abused or experienced sexual violence
  - Have hurt yourself, including drinking, drugging or looking for fights
  - Have run away from home
  - Have ever given up on life or felt suicidal
  - Wanted revenge or got revenge
  - Have felt listened to and understood by someone else
  - Have felt helped by someone
  - Have felt loved by someone else
  - Have felt you are more than enough
  - Have felt accepted just as you are

- Feel smart and capable
- Know how to take care of yourself
- Love yourself and others
- Trust someone else
- Feel beautiful or handsome
- Have forgiven someone who hurt you.”

**Processing Questions:**

*What did you notice in this activity?*

*What will you take away from this activity?*

*How is this related to healing from trauma and living nonviolently?*