



FEAR

Before the Meeting: Preparation

Purchase the Jelly Bean Boozled Challenge: <https://www.jellybelly.com/beanboozled-challenge>

Step 1: Introductions and Icebreakers

Jelly Bean Boozled Challenge:

Ask for 2 volunteers. Spin the wheel to choose the color of jelly bean. Both volunteers eat the jelly bean at the same time. (There is a good tasting bean and a bad tasting bean, but they look alike). If possible, take pictures of the faces as they eat the jelly beans. Dixie cups are used to spit out the bad tasting beans. Continue with 2 more volunteers until the jelly beans are gone.

With this activity, when did you feel fear? What was done that increased your fear?

Close the Activity by Saying:

Fear is one of the oldest emotions and is a real and powerful emotion. We are going to explore how fear shows up in our lives.

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- When you were a child, what scared you?
- What helped you not to be afraid as a child?
- Tell the group about a time when you were afraid of something, only to find that it really wasn't that bad.
- What causes you fear today?
- When you think about the future, what causes you fear?
- How many of you were surprised to hear that others have the same fear as you?
- When you think about fear in your life, what is the common theme?
- What can you do to overcome fear?
- What support do you need from others to help you deal with fear?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about fear?
- What is one thing you can do tomorrow or in the future to help minimize the fear you feel?