



ACCEPTANCE

Before the Meeting: Preparation

Be prepared to talk about a time that you showed acceptance or someone else showed acceptance toward you.

Supplies Needed: 1 pen per person and 1 piece of paper per person.

Step 1: Introductions and Icebreakers

Acceptance Activity:

Pair everyone up in the group. Have each pair sit back to back so that one person can see you (the leader) and the other person faces the opposite direction. Show a picture of a smiley face, tree, stick figure, football, cell phone, flower, etc. Do not tell the group what the picture is.

Each person facing you will give instructions for the other person to draw what is being shown. The person facing the back of the room cannot say anything. He/she can only draw. The person giving the instructions cannot tell the person what the picture is. He/she can only give instructions on how to draw it. Allow 2-5 minutes for the first round. Then have each person switch roles. Repeat the activity with a different picture.

Close the Activity by Saying:

How did that activity go for you? What was easy and what was hard? What flaws are there? How does this activity demonstrate acceptance?

Step 2: Discussion

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

- What does acceptance mean to you?
- What does acceptance of yourself mean or look like to you?
- Which is harder and which is easier – accepting others or accepting yourself? Why?
- Tell me a time that you didn't show acceptance? What did it look like? What were the consequences?
- Tell me about a time that someone else showed you acceptance. What did it look like? What were the benefits?
- How does showing acceptance impact depression, anxiety, or thoughts of suicide?
- How does not showing acceptance impact depression, anxiety or thoughts of suicide?

Step 3: Closing (End) the meeting.

- What is the most important thing you learned today about acceptance?
- What is one thing you can do tomorrow to show more acceptance toward yourself and toward others?