

Small Groups:

Quotes to consider as you go through these questions:

"Trust yourself. You know more than you think you do." "A man who doesn't trust himself can never really trust anyone else."

- Was there ever a time where a close friend/family member betrayed your trust? Were you able to trust them again after that?
 - ✍ If yes, what did it take for to earn it back?
 - ✍ If no, do you want to be able to trust that person again?
- Do you trust yourself?
- In what ways do you trust yourself?
 - ✍ *Possible examples:* knowing one's limitations, hanging out with the "right" group of people, being able to stand up for yourself, handling peer pressure situations...
- If you don't trust yourself, how can you learn to do so?
- Have you ever lost trust in yourself? What happened and how did you learn to trust yourself again?
- Is it easy or difficult to trust yourself?
- Can you trust other people without trusting yourself?
- Does your ability to trust yourself affect your ability to trust others? Why or Why not?
- Activity:

Truth or Lies

Each person writes down three different things about themselves, but two of them must be true and one must be a lie. One person will read their three "facts" and the rest of the group has to guess which one is a lie. Try to pick interesting facts so that the false one won't be so obvious and so your group members learn something they may not have known about you.

Chrissy's example: I have fed Sea Lions and swam with dolphins. I have been chased by Llamas. I have held a snake around my neck. Which one is not true? I have not held a snake around my neck.

Whole Group:

- One person from each group will recap the discussion that they had, giving the groups' main ideas on self trust and how it affects one's ability to trust other people.
- Share thoughts/feelings on the small group activity.
- Second whole group activity if there is still time.