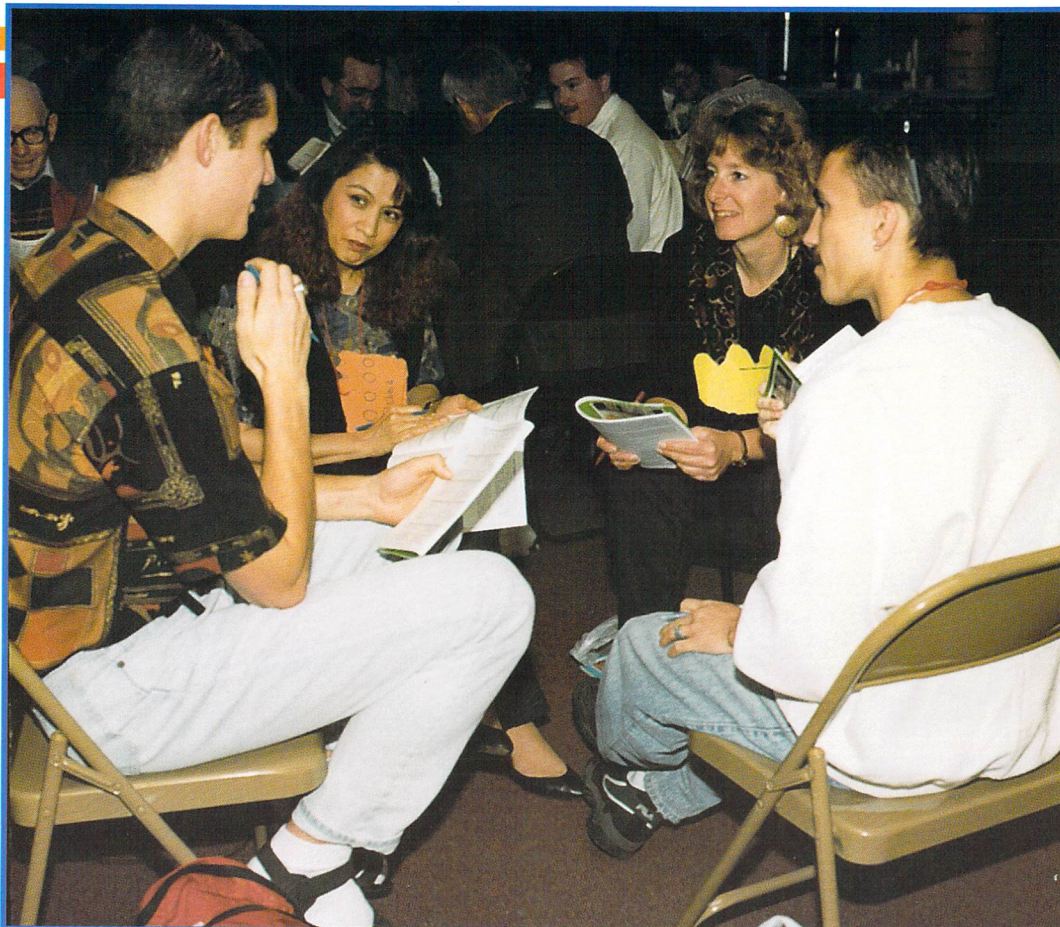


AFFIRMATION GAMES

Affirmation games are designed for the members of a group to share their positive feelings for each other, to recognize the strengths and gifts in each other, and to express their concern and love for each other.

Affirmation games are best used after a group has had time to get to know each other—to listen to each other's past history, present concerns and future hopes.



You will notice that Serendipity typically uses affirmation exercises with similes. We have found that it helps most people to affirm one another by sharing their impressions and appreciation in symbolic ways. For additional affirmation activities, see the Serious Affirmation exercises on pages 136-139.

COLORS

One person is silent while the others try to think of a color that would best describe their personality. For example, one person might think of the color bright orange to describe

Bill, because he is outgoing. Another person might think of the color deep blue because he is strong and outspoken. A third might see Bill as light green because he appears so fresh and springlike.

Then, go around and let each person share the color that came to mind and why. Finally the person explains the color they would choose to describe themselves. Bill might have chosen light brown because he sees himself as quiet, timid and conservative.

Repeat for each person in the group.



STRENGTH BOMBARDMENT

One person in the group sits in silence while the others think of a particular strength they see in his or her life. Each member of the group then shares the strength they have selected and explains why. For instance, one might say, "Jim, I see in you the quality of compassion—because you have a tremendous ability to care." Another might say, "I see in you

a quality of childlikeness—because you are beautifully honest and transparent." A third might say, "I have appreciated your sense of humor—and freedom of lifestyle; they are refreshing." Repeat the procedure for each person in the group.

RECOGNITION CEREMONY

Award time! If you could give an award to each member of your group for their contribution or growth during your time together, what would it be? Jot down the name of each group member beside their award.

_____ GOLDEN HELMET: *For the Don Quixote who saw in us only beautiful things and called forth the best in all of us.*

_____ GLASS SLIPPER: *For the Cinderella who came to the party and discovered she was a princess.*

_____ PURPLE HEART: *For the one who shared our hurts and gave of themselves for our healing.*

_____ ROYAL GIRDLE: *For the one who drew us together.*

_____ THE VELVET EAR: *For the one who patiently listened, giving the rest of us the chance to unload.*

_____ MEGAPHONE: *For the person who cheered us on.*

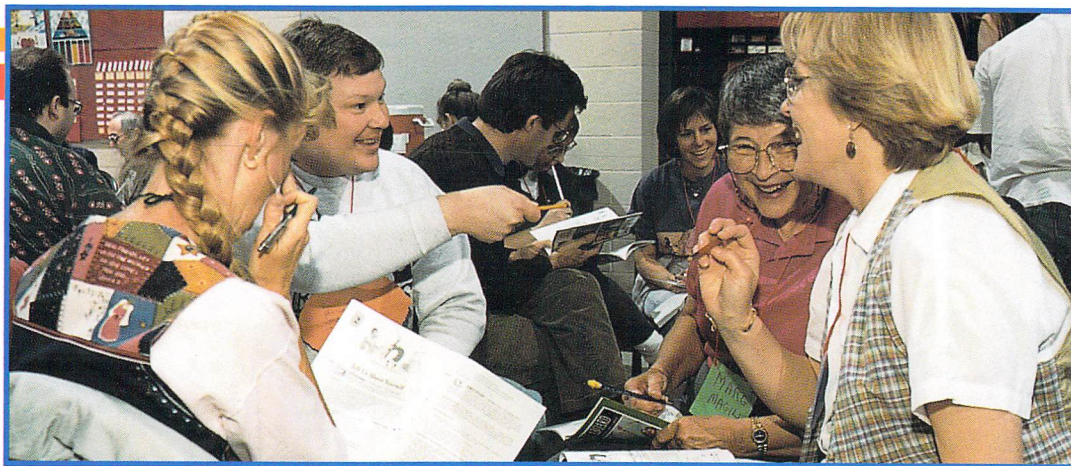
_____ NOBEL PEACE PRIZE: *For the one who harmonized our differences of opinion without diminishing anyone.*

_____ ATLAS TROPHY: *For the person who undergirded the group with their inner strength and care.*

CHILD PRODIGIES

For each person in your group, pick one of the categories below—the area in which you think they might have excelled as a “child prodigy.” Ask one member to listen while the others share what they chose for this person. Then, ask another to listen while the others focus on this person, etc., around the group.

- _____ smuggling stray animals into the home
- _____ having and surviving childhood accidents
- _____ making up imaginative excuses for misbehavior
- _____ talking at an early age
- _____ climbing the highest trees in the neighborhood
- _____ inventing imaginative games that the other children wanted to play
- _____ wearing out the most clothes in a year
- _____ embarrassing their parents by telling family secrets
- _____ playing practical jokes on company
- _____ riding the roller coaster the most times in a row
- _____ breaking the most windows with baseballs



AUTOMOTIVE AFFIRMATION

In silence, read over the list of automotive items below as you think about the contribution of each person to your group. Write each person's name next to one item. Then, have one person at a time listen while the others share what they picked for them.

- _____ BATTERY: A dependable “die-hard”—provides the “juice” for everything to happen.
- _____ SPARK PLUG: Gets things started. Makes sure there is “fire,” even on cold mornings.
- _____ OIL: “The razor’s edge” to protect against engine wear-out, provide longer mileage, and reduce friction for fast-moving parts.
- _____ SHOCK ABSORBER: Cushions heavy bumps. Makes for an easy, comfortable ride.
- _____ RADIO: The “music machine,” making the trip fun and enjoyable. Adds a little “rock ‘n’ roll” for a good time.
- _____ MUFFLER: Reduces the engine’s roar to a cat’s “purr,” even at high speeds over rough terrain.
- _____ CUP HOLDER: The servant, always meeting a need.
- _____ SUB WOOFER: The strong voice in the crowd. When they talk, people listen.
- _____ TRANSMISSION: Converts the energy into motion, enables the engine to slip from one speed to another without stripping the gears.
- _____ GASOLINE: Liquid fuel that is consumed, giving away its own life for the energy to keep things moving.
- _____ WINDSHIELD: Keeps the vision clear, protects from debris and flying objects.
- _____ SEAT BELT / AIR BAG: Restrains or protects others when there is a possibility of them getting hurt.



BROADWAY JOBS

Read over the list of workers that are needed to put on a Broadway show. Choose a job for each person in your group. You can use a person's name only once and you have to use everybody's name once—so think it through before you jot down their names. Then, ask one person to listen while the others share where they have put this person's name. Then, ask the next person to listen and repeat this procedure around your group.

_____ PRODUCER: Typical Hollywood business tycoon; extravagant, big-budget, big-production magnate.

_____ DIRECTOR: Creative, imaginative brains who coordinates the production and draws the best out of others.

_____ HEROINE: Beautiful, captivating, everybody's heart throb; defenseless when men are around, but nobody's fool.

_____ HERO: Tough, macho, champion of the underdog, knight in shining armor, defender of truth.

_____ COMEDIAN: Childlike, happy-go-lucky, outrageously funny, keeps everyone laughing.

_____ CHARACTER PERSON: Rugged individualist, outrageously different, colorful, adds spice to any surrounding.

_____ FALL GUY: Easy-going, nonchalant character who wins the hearts of everyone by being the "foil" of the heavy characters.

_____ TECHNICAL DIRECTOR: The genius for "sound and lights"; creates the perfect atmosphere.

_____ COMPOSER OF LYRICS: Communicates in music what everybody understands; heavy into feelings, moods, outbursts of energy.

_____ PUBLICITY AGENT: Advertising and public relations expert; knows all the angles, good at one-liners, a flair for "hot" news.

_____ VILLAIN: The "bad guy" who really is the heavy for the plot, forces others to think, challenges traditional values; out to destroy anything artificial or hypocritical.

_____ AUTHOR: Shy, aloof; very much in touch with feelings, sensitive to people, puts into words what others only feel.

_____ STAGEHAND: Supportive, behind-the-scenes person who makes things run smoothly; patient and tolerant.



YOU AND ME, PARTNER

Think of the people in your group as you read over the list of activities below. If you had to choose someone from your group to be your partner, who would you choose to do these activities with? Jot down each person's name beside the activity. You can use each person's name only once and you have to use everyone's name once—so think it through before you jot down their names. Then, let one person listen to what the others chose for them. Then, move to the next person, etc., around your group.

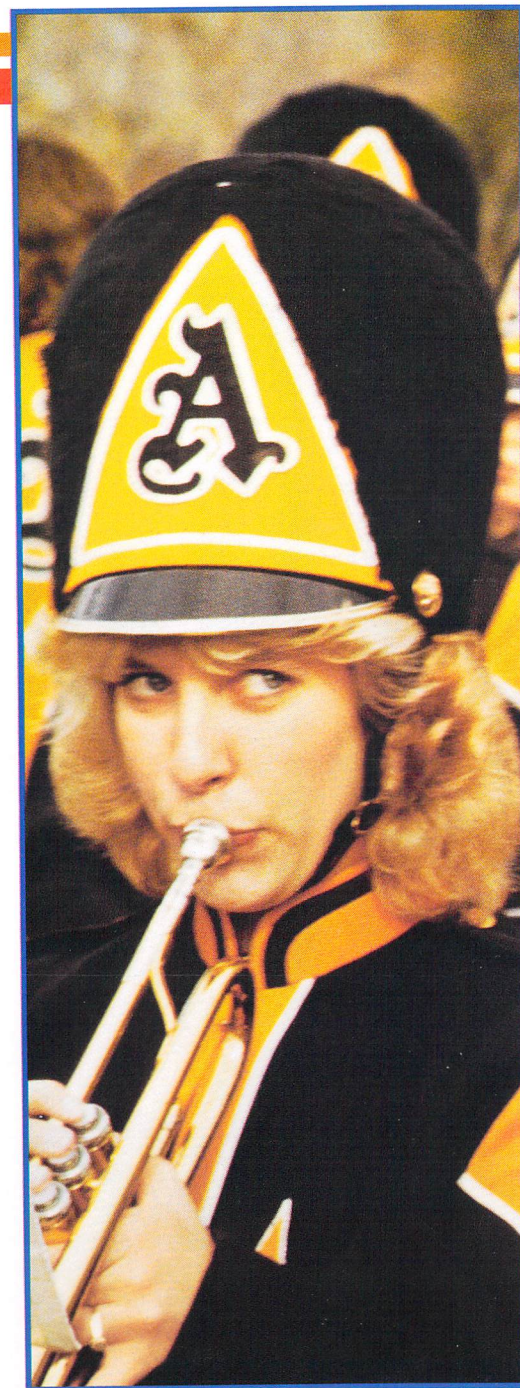
WHO WOULD YOU CHOOSE FOR THE FOLLOWING?

- _____ ENDURANCE DANCE CONTEST partner
- _____ BOBSLED RACE partner for the Olympics
- _____ MONDAY NIGHT FOOTBALL ANNOUNCER teammate
- _____ TRAPEZE ACT partner
- _____ MY UNDERSTUDY for my debut in a Broadway musical
- _____ BEST MAN or MAID OF HONOR at my wedding
- _____ SECRET UNDERCOVER AGENT copartner
- _____ BODYGUARD for me when I strike it rich
- _____ MOUNTAIN CLIMBING partner in climbing Mt. Everest
- _____ ASTRONAUT to fly the space shuttle while I walk in space
- _____ SAND CASTLE TOURNAMENT building partner
- _____ PIT CREW foreman for entry in Indianapolis 500
- _____ AUTHOR of my biography
- _____ SURGEON to operate on me for a life-threatening cancer
- _____ NEW BUSINESS START-UP partner
- _____ TAG-TEAM partner for a professional wrestling match
- _____ HEAVY-DUTY PRAYER partner

MUSICAL INSTRUMENTS

Below are a list of musical instruments. Read over the list and pick one that best describes how you feel about each person in this group. When everyone is through jotting down everyone else's name, ask one person to listen while the others tell this person where they have put their name. When you are through with the first person, ask another person to listen and repeat the affirmation until everyone has been affirmed.

- _____ ANGELIC HARP: Soft, gentle, melodious, wooing with heavenly sounds.
- _____ OLD-FASHIONED WASHBOARD: Nonconforming, childlike and fun.
- _____ PLAYER PIANO: Mischievous, raucous, honky-tonk—delightfully carefree.
- _____ KETTLEDRUM: Strong, vibrant, commanding when needed but usually in the background.
- _____ PASSIONATE CASTANET: Full of Spanish fervor; intense and always upbeat.
- _____ STRADIVARIUS VIOLIN: Priceless, exquisite, soul-piercing—with the touch of the master.
- _____ FLUTTERING FLUTE: Tender, lighthearted, wide-ranging and clear as crystal.
- _____ SCOTTISH BAGPIPES: Fortright, distinctive and unmistakable.
- _____ SQUARE DANCE FIDDLE: Folksy, down-to-earth, toe-tapping—sprightly and full of energy.
- _____ ENCHANTING OBOE: Haunting, charming, disarming—even the cobra is harmless with this sound.
- _____ MELLOW CELLO: Deep, sonorous, compassionate—adding body and depth to the orchestra.
- _____ PIPE ORGAN: Grand, magnificent, rich—versatile and commanding.
- _____ HERALDING TRUMPET: Stirring, lively, invigorating—signaling attention and attack.
- _____ CLASSICAL GUITAR: Contemplative, profound, thoughtful *and* thought-provoking.
- _____ ONE-MAN BAND: Able to do many things well, all at once.
- _____ COMB AND TISSUE PAPER: Makeshift, original, uncomplicated—homespun and creative.
- _____ SWINGING TROMBONE: Warm, rich—great in solo or background support.



AFFIRMATION GUESSING GAME

Write your name on a slip of paper, fold it and put it in a hat. Let everyone in the group select a name from the hat, but don't tell anyone who you picked. (If you pick your own name, call for a reshuffle.) Select an animal, car and boat that best describes the person you picked. Share this with the group and see if anyone can guess who you are describing. If you have time left over, let each person share the animal they would choose to describe themselves.

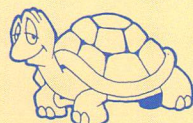


Playful Porpoise: Agile, intelligent, lively—the life of the party.



Puppy Dog: Soft, furry, fun-loving, playful, irresistible—disarmingly childlike.

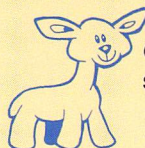
Tireless Turtle: Slow and steady, persistent plodder—willing to stick their neck out.



Lordly Peacock: Colorful, spectacular—with a rainbow of plumage.



Cuddly Teddy Bear: Lovable, warm, playful—brings out the “heart” in all of us.



Gentle Lamb: Sweet, beautiful spirit—soothing to be with.



Wise Old Owl: Quiet, thoughtful—with the appearance of being in deep contemplation.



Honey Bee: Energetic, quick and tireless worker.

Hungry Cheetah: Unassuming, sleek, on the prowl—usually gets their prey.



Peaceful Dove: Serene, calm in the midst of heavy storms.



Mother Hen: Warm, sensitive, protective—always on the lookout for the well-being of others.



Graceful Swan: Majestic, smooth-sailing, unruffled—always in command.



New Ultra Trans Am: With side pipes, spider markings, fancy seat covers and enough horses under the hood to pull a tank.

Wells Fargo Stagecoach: With updated Monroe shocks and a strong undercarriage, designed for rip-snortin' rough ridin' out west.



'29 Model A Ford: With rumble seat and genuine leather upholstery, built to last and just as fun as the day it came from the factory.



'56 Belair Hardtop Chevy: With side pipes, high jacks and a mahogany steering wheel—the radio tuned to a '50s station and a foxtail on the antenna.

'41 Red MG Ragtop: With bucket headlights and a stick shift, Scotch-plaid quilt and a hint of bagpipes in the air.



'82 Dune Buggy: With sky-blue sparkle paint; balloon tires, roll bar and bucket seats.



New Harley-Davidson: With extended forks, double seat and custom sport bar.

Porsche Turbo Carrera: With air foils, spoilers and racing slicks—tuned to perfection and ready for the Le Mans.



'74 Original Customized Van: With swivel seats, floor-to-ceiling carpet, 40-channel CB and a water bed.



Circus Car: With horns blaring, firecrackers exploding and Roman candles going off, and a musical calliope turning out a medley of fun songs.

'62 Pink T-Bird: With fur steering wheel, leopard-skin upholstery, tape deck and digital clock.

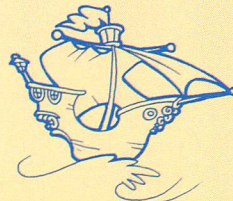


Sugar Plum Fairy, Make-Believe Carriage: With silvery wheels and diamond-studded trim, and a trunk of exotic magical items from far-off lands.

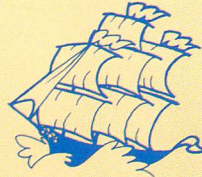


Aristocratic Queen Elizabeth II: Dignified, luxurious—extravagantly equipped but tasteful.

Rubber Dingy: With makeshift paddle; compact, transportable, inflatable—fun to be in.



Mythical Treasure Ship: Carrying hidden treasure and exotic spices, full of mystery and surprises and a little mischief.



Yankee Clipper: Even-keeled, smooth-sailing, majestic queen—sails unfurled to catch the wind, gliding through deep waters with effortless composure.

Cruising Yacht: Sleek, posh, totally equipped for luxurious travel and deep-sea sport.



Venetian Gondola: With love seat in the back and a mustached oarsman to guide through the romantic canals.



Toy Sailboat: With paper sail—original, handmade, creative, childlike, authentic.

Mississippi River Ferry Boat: Elegant, perfectly appointed, with minstrel music and the smell of perfume.



Aircraft Carrier: Sophisticated, complex—equipped with the latest in technological advances.



High-speed Motorboat: Awesome power but low profile—versatile and fun.

Tenacious Tugboat: Conscientious, workhorse of the docks—capable of pulling heavy loads and guiding big ships.



Old-Fashioned Rowboat: Uncomplicated, but sturdy—made for fishing in quiet ponds with cane poles.

FROG TEMPERAMENTS

Every person is a prince or princess! Below are four different types of temperaments as Hippocrates, the Greek philosopher, analyzed people about 400 B.C. Read over the description of each frog carefully. Then jot down the names of the people in your group next to the frogs; and under each name, write the particular temperament or temperaments you see. For instance, for John you might jot down: 60% super salesman and 40% super leader, because you see John as an extrovert with a lot of leadership skills.

When everyone has finished, one person listens while the others share how they see him or her. Then have that person share which temperament they feel they have.

Repeat the process for each person.



SUPER SALESMAN (sanguine)

This frog is warm, friendly, outgoing, energetic, optimistic and fun to be around. Could sell a refrigerator to an Eskimo. Also makes a good preacher, actor, after-dinner speaker and Dale Carnegie promoter. This frog is the life of the party, a "now" person, happy-go-lucky—at least on the surface. They usually cover up any feelings of inadequacy or insecurity. Better at short dashes than long-distance runs. Voted "most likely to succeed" in high school, but not always does.

To kiss this frog (affirm this person), give them a chance to take off their mask. To feel accepted for who they are, not for their jokes. To get in touch with his or her feelings ... and "spiritual resources." Ask them to share their dreams ... and don't let them give up when the going gets tough.

SUPER LEADER (choleric)

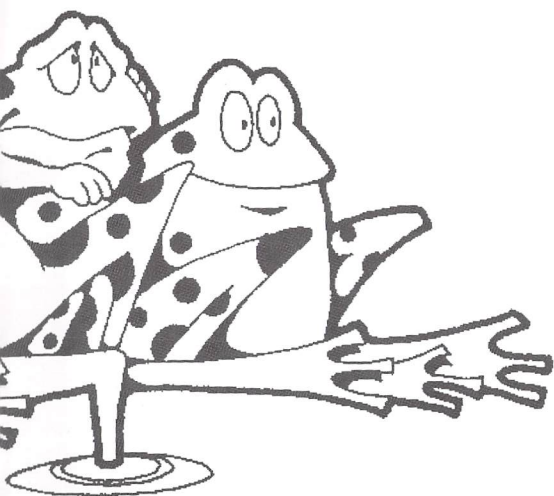
This frog is the strong, self-willed driver that makes the free enterprise system work. An organizer, practical, capable—extremely talk-oriented. Comes across as sure, self-confident and determined. This frog has given the world its generals, crusaders and politicians. Can be cruel, sarcastic and intolerant of others—or the selfless, dedicated champion of the downtrodden. Usually successful at what they undertake—but sometimes wear themselves out in the process.

To kiss this frog, let them know that they are important for their own sake, not for their accomplishments. Help them discover the secret of inner peace of "being" not "doing." Help them celebrate the "now"—to love and be loved, to touch and be touched.

SUPER IDEALIST (melancholic)

This frog is imaginative, creative, sensitive and artistic—a real lover of beauty, solitude and perfection. Usually quiet, gentle and withdrawn. Experiences extreme emotional highs and lows; either effervescent and exuberant or moody, irritable and depressed. This frog has given the world most of its artists, composers, writers, thinkers, inventors and theoreticians. Intensely loyal to friends and deeply hurt when friendships turn sour.

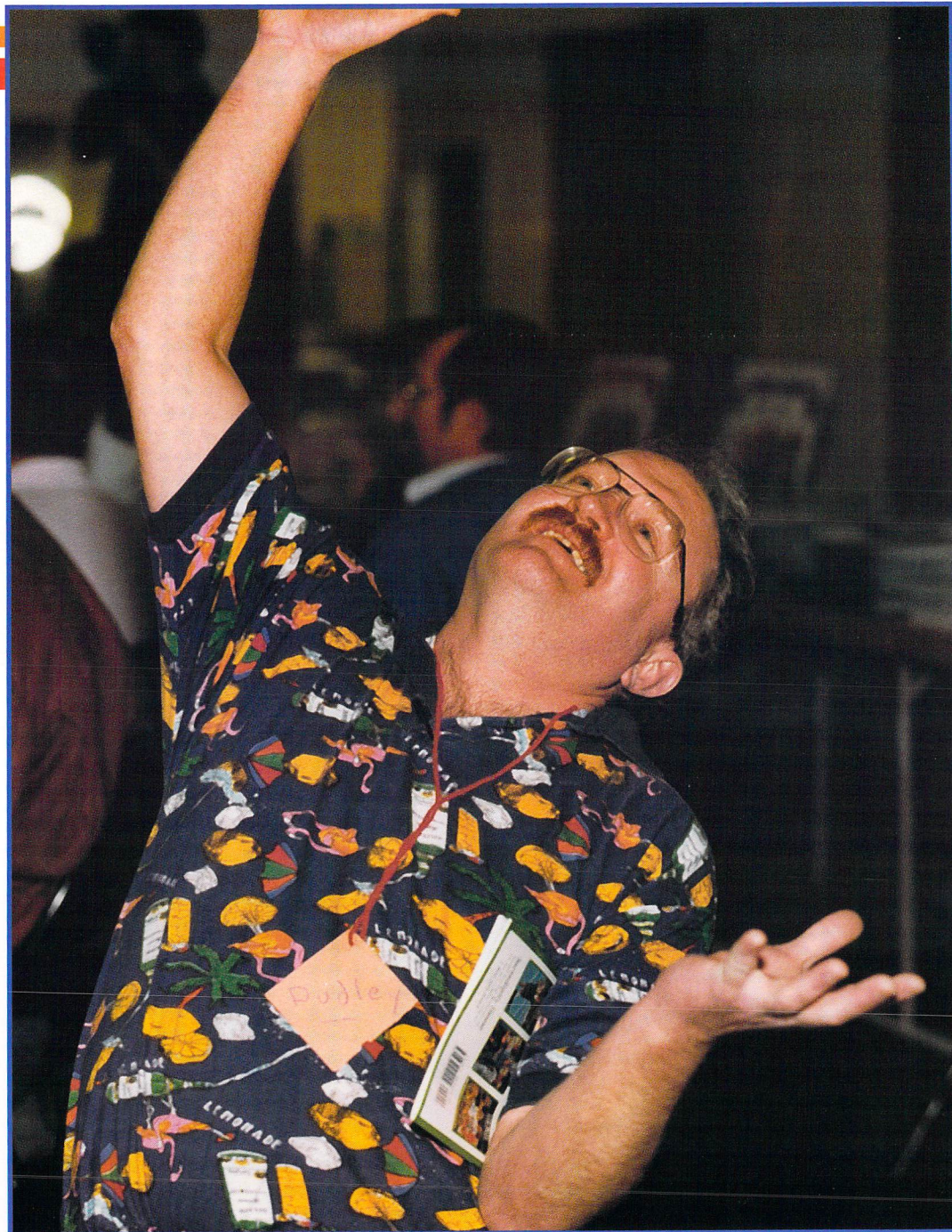
To kiss this frog, help them to affirm their great gifts and strengths. To accept ups and downs without dwelling on them. To claim the spiritual stability of an ever-constant God. To celebrate their God-given capacity to feel deeply.

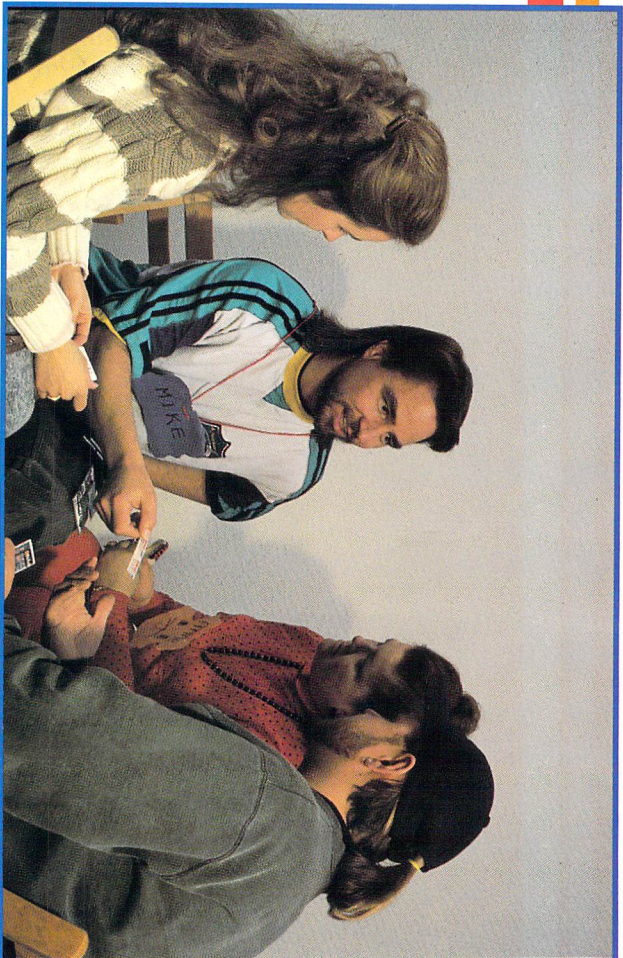


SUPER PERSON (phlegmatic)

This frog is easy-going, likable, dependable—ever-cautious, conservative and practical. The original “nice” person. Never gets upset or excited, never rocks the boat, avoids conflict at all costs—even at the expense of their own rights. This frog has produced diplomats, civil servants, social workers, teachers and spouses of strong-willed leaders! Invaluable as a peacemaker. Extremely loyal, goes the “extra mile” without complaint. Can be stepped on by others to the extent that their own self-esteem is diminished.

To kiss this frog, encourage them to take a chance, to take a stand on issues and the initiative on projects. Give them a lot of positive feedback and reinforcement when they step out. Call them to face up to their own responsibility for their life and their spiritual potential as a person.





THE GIVING GAME

Get together in groups of about 4. This game is a beautiful way to express your love and appreciation for one another. Follow the three steps below.

1. Ask everyone to sit in silence and ask themselves this question, "If I could give something of myself to each person in this group ... that expresses my feelings right now for them, what would I want to give each person that they could keep for the rest of their lives?" (This is for keeps.)
2. Still in silence for five to six minutes, take out your purse or wallet ... or things in your pockets ... and try to find symbols or tokens of the real thing you would like to give this person. For instance:
 - ☐ a fishing license—to remember the time we went fishing together ... or want to go in the future
 - ☐ a picture of my family—to remember the times we have shared together
 - ☐ a ticket stub to a concert—to remember the music that we enjoy in Christ
 - ☐ a Band-Aid—for the "little hurts" that come along in lifeRemember, you need **ONE** gift (a different gift) for each person—a token or symbol of the real gift.
3. Ask one person to sit in silence while the others go around and explain their gift and hand it to this person. The person who receives the gift is to say, "Thanks." Nothing more.

Repeat this procedure until everyone in your group has been given their gifts. In the giving and receiving of gifts, you are able to say two things: (1) What I have appreciated most about you, and (2) What I want you to keep as a token of our friendship—for the rest of your life.