

The Jitters

Joining a new small group can be a difficult experience. Your group might want to talk about some of these feelings. Answer the questions listed below and then go around the group and share some of your answers. This might be a good Ice-Breaker to use when your group is preparing to work on the group covenant.

When I enter a room full of people I don't know very well I usually feel ...

When I am feeling anxious in a new situation I usually ...

I am here because ...

I would feel more comfortable with a leader who ...

The things that concern me most about joining groups are ...

When I'm nervous I feel ...

Rules make me feel ...

I am more likely to get involved in a group when ...

Right now I'm feeling ...

