

Listen To My Life Picture Me Exercise by Sibyl Towner

Brief Description:

- Describe the exercise briefly: This exercise helps an individual to write/journal words or phrases about their current life using pictures from magazines to inspire their thought process and then sets up a listening environment for them to share their insights with others.

Objective:

- To experience how to reflect/journal on one's current life and how to share that with others.
- To introduce listening skills using the 'Guidelines for Listening.'

Related to:

- What map or content is this exercise related to? This exercise can be used as a pre-cursor to the introduction of the *My Life Now Map*, and it is a great way to introduce the Guidelines for Listening in a fun way.

Procedure:

Before the Exercise

- Cut out pictures from magazines like Real Simple, National Geographic, Men's Journal, or print non-copyrighted images off of the web, etc. (If you have a male & female audience, make sure that the pictures represent both genders.) Next, paste one picture on bright colored 8.5*11 cardstock or paper. Have at least twice as many pictures on cardstock as there are people attending, so they have plenty of options to choose from. (This process takes time, so do this well in advance of your meeting/group. You don't want to do this the night before!) Here are some 'Picture Me' Samples. (Time: Several hours.)



- Read & review the Guidelines for Listening (found in the Listen to My Life workbook or on www.onelifemaps.com at this link: <http://www.onelifemaps.com/Guidelines%20for%20Listening%20for%20website.pdf>)
- Read/review, 3-Way Listening on www.onelifemaps.com at this link: <http://www.onelifemaps.com/Downloads/3WayListeningArticleFINAL.pdf>
- Place colored pencils, markers, pens on the table.
- Place the pictures on the floor in an open space in rows, so that people can walk up and down the rows to see all the pictures.

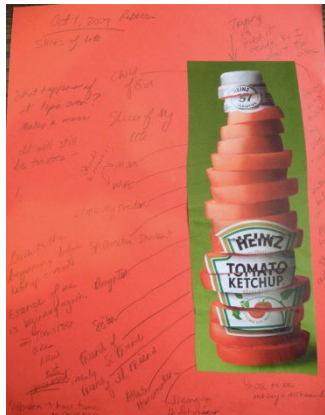


- Write these 'Picture Me' steps on a flipchart, whiteboard, or download the Picture Me Powerpoint at www.onelifemaps.com on this page <http://www.onelifemaps.com/Facilitationplans.html>
 - Select a picture that somehow describes your current life or let a picture pick you.
 - Write words, captions, phrases or on the colored paper that come to mind about the relationship between the picture and your current life.
 - Be open to what God might want to say to you in this experience.
 - Pretend like you are at an Art Gallery and please be silent during this time.
 - Take 15 minutes to find a picture and write words/phrases.
- Write these 'Guidelines for Listening' on a flipchart, whiteboard, or download the Picture Me Powerpoint (see link above).
 - Confidentiality
 - Focused Attention
 - Unconditional Acceptance
 - No Fixing, Advising or Rescuing
 - Listen to the silence – NO QUESTIONS!
 - Affirm each other's gifts & stories
 - Invite the Holy Spirit to interact with you as you listen to one another
- Write these 'Sharing Picture Me' on a flipchart, whiteboard, or download the Picture Me Powerpoint (see link above).
 - Share for 7-8 minutes each – talk about your picture & how it relates to your current life

- After 7 mins, speaker prompted to wrap up & listeners say thanks & pray
- Next Speaker shares

During the Exercise:

- Review the 'Picture Me' steps outlined above. (10 mins)
- Give them a personal example of your own 'Picture Me' by showing them a picture that you picked and some of the things that words/phrases that you wrote. (2 mins.) This demonstrates what they are to do, shows some vulnerability on your part, but keep it fun...don't be too serious. (Here is an example. The title is "Slices of Life." The journal notes included: Slices of my life – Mom, Wife, Child of God, student, What happens if it tips over? Still same person, just a little messy. Looks like ketchup bottle is staying centered somehow. The way to keep centered is through staying connected with God, etc.)



- Now have them to pick their pictures and write their words/phrases. (15 mins)



- When the 15 minutes is complete, have them come back to their seats.
- Next, discuss the 'Guidelines for Listening' outlined above. (5-7 mins.)
- Now review the 'Sharing Picture Me' steps outlined above (5 mins)
 - Now get them to break into groups of three and begin sharing. (Tell them that it will be awkward, but it will be fine.)
 - Set a timer for 7 mins. When timer goes off, remind them that they have 1 min. left to wrap-up, thank speaker and pray.
 - After 1 min is over, have the next speaker begin sharing.

- Set timer for 7 mins. When timer goes off, remind them that they have 1 min. left to wrap-up, thank speaker and pray.
- After 1 min is over, have the last speaker begin sharing.



After the Exercise:

- Debrief the exercise by asking the group: (10-15 mins.)
 - What was it like to be listened to?
 - What was it like to be the listener?
- Close the exercise/meeting with prayer.

Materials Required:

- Magazine pictures cutouts
- Brightly colored 8.5 * 11 paper or cardstock
- Large Glue Sticks
- Timer

Approximate Time Required:

- Beginning to end, how much time should be allowed? Prior to meeting, you will need several hours for preparation of magazine cutouts, pasting, etc. & reviewing the Guidelines for Listening, 3-Way Listening, & preparing the flipcharts or Powerpoint.
- The exercise should take approximately 90 mins.

Variations:

- What variations might be considered to this exercise?
 - You could bring magazines, so that participants could pick out their own pictures and paste on paper. More time would need to be added.
 - You could share in different sized groups – 2 or 4. Groups of 3 work best, however.

Source:

- Who designed the exercise, or who should get credit for it? This exercise is from Sibyl Towner and www.onelifemaps.com