



Brief Group Module and Icebreaker Collection 2 - Taking the Escalator releases brief icebreakers and group therapy modules about twice per week in the “[Forum](#)” section on the [Taking the Escalator: Group Activities by Topic](#) page of the website. This is a reprint of the brief therapy modules and icebreakers released in that forum for the six-month period from *April 2021 through June 2021*

Brief Therapy Module – “Later”

READ and DISCUSS:

What exactly is this mythical concept that we refer to as “Later”?

People so often say “I’ll do it later” – But when you think about it: When exactly is “Later”?

Is later in an hour?... in a day?...in a week?... in a month? - Ever?... Or perhaps NEVER? - How often does later actually ever actually become now?

The truth is that later is so often a lie or at least a form of self-denial because often when we say “Later”, we really just mean “NOT NOW” and that’s it.

For change to really start happening, saying “later” often has to stop and NOW has to start. How soon is now? Now is now and its definitely not later.

As a group discuss what you just read and answer the following:

- What are some things you find yourself saying “later” about?
- What is one constructive or positive thing that you think you can stop putting off until later and start doing NOW?

Brief Therapy Module – “Remembering Me”

What are two or three descriptive words or phrases you would want people to say about you after your gone?

What are two or three descriptive words you would never want people to say about you

How can you strive to live a life now that will make this positive impression and lasting legacy?

Icebreaker – “Drop and Run”

Directions: Each person in the group should take turns making a statement and just leaving it there for the group to listen too with no comments, no judgement or anything. Just drop the statement and move on,

**Keep in mind this is supposed to be fun and interesting so anything overly controversial, provocative or potentially offensive or insulting should be avoided. Politics is one to stay away from*



Icebreaker – “Confidence”

Confidence - a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities

What is one thing you can say about yourself with confidence today?

What is one thing that you are confident you are doing right at this point in your life?

What is one positive thing you can say about your future with confidence today?

Brief Discussion Module – “Lessons Learned from COVID-19”

READL Due in a large part to the vaccine, in many places, COVID-19 restrictions are being lifted and things are opening up publicly. No one alive at this time will ever forget the COVID-19 pandemic, however it is important to make sure to remember any lessons we have learned at this time. One of the benefits of experiencing adversity is that we can learn and grow from our response to negative experiences. (For this exercise, please keep comments based on personal and individual experiences and lessons learned rather than opening up political debate) - With that said, as a group, discuss the following questions:

- What is one thing that you think that you will never forget about the COVID-19 pandemic?
 - How can you use your memory of this to change your behavior or make better choices for the future?
 - What have the lessons learned from this pandemic made you more grateful for?
 - How can you use that increased gratitude to make ongoing self-improvements?
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Brief Module: “Tough Topics Discussed Openly and Honestly”

Directions: As a group try to answer these potentially challenging questions as openly and honestly as possible:

- Keeping it as real as possible: Why are you here?
 - What is one fear that you might even be afraid to admit out loud?
 - What is one area of your life that you see as a potential weakness or limitation that you need to strengthen or build up?
 - What is an outcome of your current situation that you want to avoid at all costs? (What is something you definitely do not want to lose?)
 - Shifting to the positive: What is at least one thing (or more) that you are doing right these days to avoid a negative outcome and to help assure yourself positive success with your goals?
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Icebreaker – “Dad Jokes”

Sharing and telling some Dad jokes can be a fun way to get the group opening up and in a good mood. Read the following Dad jokes as a group then invite the group to share some of their own favorite Dad jokes as a fun icebreaker.

"I'm afraid for the calendar. Its days are numbered."

"What did the janitor say when he jumped out of the closet?" - "Supplies!"

"How do you follow Will Smith in the snow?" - "You follow the fresh prints."

"What do you call a dear with no eyes?" – “No eye deer (read out loud)”

"I'm reading a book about anti-gravity. It's impossible to put down!"

"Why can't you finish eating a watch?" - “It's too time-consuming”

"I used to hate facial hair, but then it grew on me.”

"What do you call a pencil with two erasers? Pointless”

“The first time I used an elevator it was an uplifting experience, the second time it let me down”
