



## Opening Activity – Values: Examining What’s Important

**Brainstorm:** List on the board all of the qualities that the group believes are important for a person who is trying to change their life for the better:

**Some Examples:** Loyalty, Honesty, Sobriety, Patience, Love, Kindness, Caring, Trust, Generosity, Humility, Sense of Humor, Faithfulness, Open-mindedness, Intelligence, Peacefulness, Sincerity, Patience, Understanding, etc.

Next, cut the list down to just 10 qualities that the group agrees on that are most relevant. Cross the rest from the list, just leaving 10

The counselor or group leader should then number the final list of the qualities chosen by the group on the board from 1 to 10.

A. **OPENING DISCUSSION** - First, as a group, discuss each quality one by one and cover the following points:

1. **What does this quality mean to you?** (For example, if the first quality is “Loyalty”, try to **define** what loyalty is and what it means to you personally)

**Some examples:**

- ❖ “When I think of loyalty I think of the people in my life who have stood by me when I was at my lowest points”
- ❖ “To me loyalty is about those people who you can trust that will never stab you in the back”

2. **Is there anyone that you can think of who is an example of that quality for you?** You can pick someone who is real, like a friend or family member or even someone from a movie or book or a historical figure.

**Some examples:**

- ❖ “My mother has been an example of loyalty for me, because no matter how many times I have screwed up in the past, she never gives up on me”
- ❖ “For me, loyalty makes me think of my dog Rex who is always there for me through good times and bad”



B. **SELF RATING:** Using the chart on the next page. Starting in the column to the right under “Self” place an “X” in the row for the two or three qualities that you think that YOU display the most on this list.

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### WORKSHEET

QUALITY	SELF X	GROUP X
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



C. **GROUP RATING**: Answer the following as a group for each quality 1 through 10:

1. **Is there any other group member who has displayed this quality in your opinion? If so, how? *Some examples (using the quality loyalty) -***

- ❖ “When I first started coming here and I was really struggling with staying clean, in this group Jimmy always stayed supportive and positive even when it looked like I wasn’t going to make it which really showed loyalty”
- ❖ “I think that the way Mary from this group raised her niece and nephew after her sister died is an amazing example of loyalty”

***Go through each quality 1 through 10 in a discussion in which group members are encouraged to select one another as examples for each quality***

***While this is going on, each person should place an “X” on their chart next to any quality that another group member mentions about them.***

D. **FINAL PROCESS/DISCUSSION** – To complete this activity answer some of the following questions as a group:

1. Looking over your worksheet, were there any areas that you saw as areas of strength for yourself which your group also recognized about you? (There should be X’s in both columns)
2. Where there any areas that others saw in you that you did not check off as areas of strength for yourself? If so how do you feel about that?
3. In conclusion, how can you use your good qualities to stay on the right track and make progress?
4. What areas specifically do you still need to work on?