



Declare – Disclose – Display

This activity can work well over telehealth but can also be done in person. The rules are simple: Each person should take a turn and on their turn, they can choose one of the following:

Declare: v. say something in a solemn and emphatic manner. In other words, *tell us how you really feel*

Disclose: v. to make new information known, reveal. In other words, *tell everyone the truth*

Display: v. to exhibit or make visible. In other words, *show us*

The counselors running this group are encouraged to come up with their own ideas but below are some suggestions that you can use after the client chooses **Declare, Disclose or Display:**

Declare	Disclose	Display
1. How do you really feel right now about where you are in life?	1. When is one of the last times you can remember making a fool out of yourself?	1. Show us a tattoo, birthmark or scar and tell us about it (Appropriate places only, no private parts please)
2. Tell us about something that makes you happy even if it may not seem to be that important	2. Have you lied or hid something in this program, if yes tell us about one time	2. Do an impersonation of anyone that the group may know (Please do not be mean or insulting)
3. What is one thing that makes you- you?	3. Tell us about a time when you disagreed with your counselor or someone in this group, but they ended up being right	3. Try to rap or speak in poetry about a topic for the group and then explain what you meant
4. How do you feel about feelings?	4. What is a fear you have that you may at times try to hide?	4. Show the group something that you have in your pockets or in your wallet and explain what it means to you
5. What is something that you believe in strongly, even if you don't always tell everyone	5. What is something that you sometimes feel insecure about?	5. Show the group something in your phone and tell what it meant to you
6. If you were in charge what is one thing that you would make a priority?	6. Fill in the blanks: If ____ knew about _____ then I would be _____	6. Do some chair dance moves for 20 seconds (See if someone in group will make a beat)
7. What is one thing that you feel is an injustice in the world that you wish you could change?	7. What is one thing that you sometimes think about more than you should	7. Show the group one of your best strange faces
8. Tell us about someone or something that you truly love and why	8. What is something that your family doesn't know about you?	8. Keeping it appropriate what is a unique body part that you can show
9. What is a source of hope for you?	9. What is something strange or unusual about you?	9. Sing (or if you can't at least recite) a few bars of one of your favorite songs
10. What is something unbelievable that happened in your life?	10. How long ago was the last time you thought about running from your problems and what kept you from going?	10. Grab something within reach and try to sell it like a commercial
11. Beside the obvious materialistic or pleasurable things you may do, if you had a billion dollars what is one meaningful thing you would do?	11. Tell us about the last time you cried or got choked up emotionally	11. While the rest of the group is silent, see if you can make weird noises by yourself for 20 second while everyone listens
12. What is one positive thing that someone has done for you that you will never forget?	12. What is something embarrassing or that you may not be proud of that makes you laugh?	12. Act something out (charades-style) and see if everyone can guess it
13. What is something you have done that took courage?	13. Is there a song or movie that many people hate or make fun of, but you love?	13. See how long you can stare forward without blinking
14. What is something about you that shows you have inner strength or the ability to keep going without giving up?	14. If you were an onion and someone peeled all the layers, what's inside?	14. Fake laugh for 20 seconds and see if it turns real
15. Who or what do you feel a lot of compassion for and why?	15. Fill in the blank: My least favorite thing about ____ is _____	15. Sing, or at least recite a show's theme song that you memorized