

# Who Are You?

Type: \_\_\_\_\_ Introductory \_\_\_X\_\_\_ Working \_\_\_\_\_ Closing \_\_\_\_\_ Game

**Optimum Group Size:** 5 - 15

**Materials Needed:** A "Who Are You" handout and pencil for each member.

## **Outline of Activity:**

Distribute the handouts and pencils. Allow 10 minutes for the group to complete the handout. In an open area of the room, designate a line going from one to six. Read each question aloud and have the participants' place themselves on the line according to their answers.

## **Goal:**

Low risk activity for the purpose of getting to know each other.

## **How to Process:**

What did you enjoy about this exercise?

What made this exercise difficult?

What did you learn about yourself by doing this exercise?

What is one thing about yourself you would like to improve?

What is one thing about yourself that you would like to stay the same?

**Source or Submitted by:** Unknown

## **WHO ARE YOU HANDOUT**

Please rate how true each of the following statements are for you.

1= always    2= typically    3= sometimes    4= seldom    5= rarely    6= never

- \_\_\_\_\_ like being mellow
- \_\_\_\_\_ want to be with people all the time
- \_\_\_\_\_ let other people decide what to do
- \_\_\_\_\_ want to have close, personal relationships with others
- \_\_\_\_\_ want to be included in everything the group does
- \_\_\_\_\_ let other people do the initiating in relationships
- \_\_\_\_\_ try to control other people
- \_\_\_\_\_ am sought out by others
- \_\_\_\_\_ like being vulnerable with others
- \_\_\_\_\_ want others to be honest with me
- \_\_\_\_\_ need to be by myself once in a while
- \_\_\_\_\_ like being questioned about how I'm doing
- \_\_\_\_\_ like to listen more than talk
- \_\_\_\_\_ interrupt others
- \_\_\_\_\_ am easy to get to know and understand
- \_\_\_\_\_ don't trust others until I've tested them
- \_\_\_\_\_ listen well to people's problems
- \_\_\_\_\_ try to impress others
- \_\_\_\_\_ feel uncomfortable with others I don't know
- \_\_\_\_\_ often feel rejected by others
- \_\_\_\_\_ don't let other people know how much I care about them
- \_\_\_\_\_ give of my time and money to others
- \_\_\_\_\_ get annoyed easily at others
- \_\_\_\_\_ give compliments to others frequently