

CONSEQUENCES OF FEAR

Time: Minimum 1 hour

Goal or purpose of the exercise: To share and analyse the causes and consequences of fear.

How it's done/facilitator's notes

Ask the members of the group to refer to an experience when they felt fear. Divide into small groups so that everyone can participate. One person should take notes about the consequences of fear. Afterwards, in a large group, write up the central ideas on the wall. Another option is to ask people to draw a situation when they felt fear. Discuss the drawing, focusing on the subjective experience (what participants thought, felt, what happened in the body, what reactions were, etc.), not simply re-constructing the facts.

It is important to end the exercise discussing the value of various alternatives that we can use against fear, to end on the positive. The exercise aims to help people to share experiences, identify their reactions, and know better how to deal with problems.