

SELF-PERCEPTION

Activity developed by La Xixa Teatre based on
Arnold and Amy Mindell's Process Oriented Psychology



OVERVIEW

Reflecting on the perception we have of ourselves is key to understand the way we relate to others. This exercise helps us explore known aspects of ourselves and discover new ones.

LEARNING CONTEXT

This activity can be done online, offline with social distancing, and offline with physical contact.

DURATION



60'

PARTICIPANTS



Minimum number of
participants: 6

Maximum number of
participants: 30

Recommended number of
participants: 16

MATERIALS



In the offline version:
a mirror or cell phone.

Paper and markers (enough so
that all participants have their
own).

OBJECTIVES



- Become aware of ourselves and of the way we perceive ourselves.
- Understand and discover aspects about ourselves in a conscious way.
- Explore how our self-perception influences the way we relate to others.

SELF-PERCEPTION



INSTRUCTIONS STEP BY STEP



This exercise is done individually and without speaking.

1. Ask participants to look at themselves in the mirror (or screen) and identify four details about themselves that are known to them and four details about themselves that are unknown to them, or that they had not noticed before. Ask them to write them down.
2. Ask them to choose two known and two unknown details, and to connect them with something in their lives: a current situation, a mood or state of mind, an identity trait, etc.
3. Out of the four things, ask them to choose the one they dislike the most.
4. Give them one minute to connect with that emotion. Ask them to write their emotion (or emotions).
5. Ask them to all make an image (a statue with their body) of that emotion. Keeping their image, ask them to look around at their peers. Give them a few seconds and then undo the images.
6. Ask them to get a piece of paper and make a scribble of their emotion. Add a word to the scribble.
7. Ask everyone to show their papers, all take a minute to observe.
8. Ask them to go back to their list of 4 things, and choose the one they like the best.
9. Repeat steps 4 through 7.
10. Optional: ask participants to go back to the statue in step 5, representing the emotion of that which they dislike about themselves. Once they are back in the image, ask them to – in slow motion – change their image to the one done in step 9, representing the emotion of that which they like about themselves. In the debriefing, ask if by slowly transitioning from one image to the other they felt something had changed.
11. Sit in a circle to debrief.

DISCUSSIONS AND DEBRIEFING



Some questions for the final discussion could be:

- What was easy and what was difficult?
- Did you discover something new about yourselves? What?
- Did you discover something new about the way you perceive yourself? What?
- In what way do you feel our self-perception influences the way we relate to others?

TIPS AND HINTS



- This exercise might be challenging for some participants. If any of the participants seems reluctant, encourage them to relax and let go, and accompany them along the different steps.

THEORY



Mindell, A. (1992) *The Dreambody in Relationships*. Penguin Books Ltd: New York.



INTIMACY,
RELATIONSHIPS &
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