

## NOF toolkit No one Forgotten Practice Hope Art 01

### Title: "SHARING COUPLES" (VULNERABILITY)

**Duration:** 30 minutes

The aim of the activity is to elevate our ability to step into our vulnerable part. Sharing involves mental openness, needs both trust and courage. The listener needs great respect and sacredness when the partner dares to open up and share personal experiences. He also needs to have genuine interest. This exercise has many levels that create different results of intimacy and connection (with different questions).

**Step 1:** Form pairs. The partners sit opposite each other. The trainer identifies the partners as A and B. The trainer asks A to answer the following question:

1. "Tell your partner something that you have always wanted to do in your life and haven't done yet.
2. "Tell them why you haven't done it yet and how you feel about it now".

Each person talks for 5 minutes.

**Step 2:** The trainer asks B to answer the same question. Each couple shares the experience with the whole team.

**Step 3:** To increase the difficulty of the exercise, we can use other prompts such as:

1. "Tell your partner about a difficult moment in your life"
2. "Tell your partner about something you did in the past that you regret".

**Materials required:** 2 chairs/cushions or a place where the participants can sit opposite each other.

**Reflecting procedure:** 20 minutes

**Important notice:** The listener does not interrupt, there is no discussion, but sharing. The only thing the listener is allowed to do is to interact with their body and facial language. No words.