



Exclamations

Directions – This activity can be used as an icebreaker or at any time with the purpose of getting group members to open up, talk, and share. The counselor/group leader should select phrases from the list and open it up to members in the group to share in one or two ways (listed below), related to the phrase selection.

- What is a situation in your past or recent life where you found yourself thinking or saying this phrase?
- (Or) What would be a situation that could come up (realistically) in your life where you could find yourself having this reaction?

The counselor/group leader should ask appropriate process questions in between answers to probe further. Some examples/ideas:

- Could you see this situation happening again in your life?
- What led to the situation? (Or for a future situation: What could end up leading you into that situation?)

Exclamation List

I can't believe it! I win! I lose! That was a one in a million I'm on top of the world right now I never thought this would happen I always dreamed one day this would happen This is a disaster! I can't take it anymore! This is the best day ever! I am so happy right now. Worst day ever! True love! I'm speechless! This changes everything! Why does this always happen to me? I could do this forever! I don't know how to feel about this. It's not fair! I got ripped off! Persistence and hard work paid off Never again! How did this even happen? I saw that coming a mile away! How in the world did I pull that off? This is just too good to be true. I'll never forget this! What a relief! I've never been this frustrated before That was so close! What a truly beautiful sight That was a huge loss. I'm all in! That's the last straw! This is a turning point for me.	I'm a better person because of this. I am so at peace right now. What in the world? I've never been so afraid. I'm at my breaking point! I didn't know I had that in me. This feels like a dream. I need a moment to process this. It's finally happening! I'm completely overwhelmed. I'm done with this! My anxiety is through the roof. It's about time! What a nightmare! I'm so grateful. I'm in shock! I made my family proud. I scored above my pay grade. This is unbelievable! I've been waiting forever for this. I'm unstoppable! I got this! I'm so glad this is behind me. That's just what I needed. I'll laugh about this someday. That was way too much. I'm taking the high road. I'm so proud of myself! I'm totally blindsided! This is my worst fear come true. I wouldn't trade this moment for anything. I have mixed feelings about this. I've never felt this way before. This is better than I imagined. How could anyone be ready for this?
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Closing Process Questions:

- ❖ **Support & Shared Experiences:** Did anyone else's story or experience resonate with you, and how did it help you reflect on your own?

- ❖ **Self-Reflection:** What did you learn about yourself or your reactions from today's activity? Was there a moment that surprised you in reflecting on these situations or phrases?

- ❖ **Growth & Goals:** Did today's discussion highlight any personal goals or areas you'd like to grow in?

- ❖ **Future Focus:** What is one takeaway from today's discussion that you will try to keep in mind to keep your life moving in a positive direction going forward?

**Our reactions reveal not just how we respond to the world,
but how we relate to ourselves.**

**By understanding these moments, we find the power to
shape our responses and strengthen our path forward.**

