



Reflection – Response

Directions – This is a simple exercise. One person goes at a time. Pick a topic and state a brief personal reflection on the topic of your choice from the list on page 2. Keep it brief (under 30 seconds). When the reflection is done being stated, group members are open to responding based on the response list provided below. Each person should try to use as many of the responses on the list as possible by the group's end. An example of how this should flow, is provided below:

Example:

- Group member picks topic #35 from the list on page 2 which is “Love.”
- This same group member makes the reflection – *“I don’t believe in love anymore because I have been burned too many times. I am giving up on finding love in my life anymore.”*

Now this is opened up to other group members for responses:

- One group member says – *“I am going to Contradict it – I think love is very real and we should never give up”*
- Another group member reflects – *“I am going to Empathize with it” – I understand how you feel as it hurts so deeply when relationship experiences are painful.*
- Another group member says – *I am going to Song it – This discussion reminds me of the classic 90’s Toni Braxton song “Unbreak My Heart.”*

Response List:

- Song It – Comment on how this discussion reminds you of a song.
- Exaggerate it – Magnify or overstate what was said.
- Sadden it – Share something sad that comes to mind based on the initial reflection.
- One Up it – Share how you can surpass or outdo what was said.
- Continue it – Keep the story going that was started.
- Love it – Share what you love about this.
- Joke it – Make a joke (Keep it safe, non-insulting)
- Glorify it – Honor or admire what is said.
- Emphasize it – Share what deserves special attention on this topic.
- Verbal High Five it – Congratulate or approve.
- Contradict it - Bring up another side to the discussion.
- Second It – Share how or why you agree.
- Validate it - Acknowledging and affirming the emotions or experiences shared.
- Empathize with it: Demonstrate understanding and compassion towards the thoughts expressed.
- Deepen it: Offer thoughtful commentary or insights encouraging deeper introspection.
- Support it: Provide reassurance and agreement.
- Perspective-shift it: Look at what was said from a different viewpoint.
- Challenge: Respectfully question the assumptions behind what was said
- Inspire it: Offer words of motivation to uplift and empower others.
- Relate to it: Share similar experiences.
- Affirm it: Offer positive feedback.



Topic List

1. Addiction
2. Recovery
3. Why I am here
4. Anxiety
5. Anger
6. Depression
7. Peace
8. Endurance
9. Self-awareness
10. Relationships
11. Coping skills
12. Triggers
13. Acceptance
14. Resilience
15. Hope
16. Shame
17. Identity
18. Motivation
19. Communication
20. Boundaries
21. Self-esteem
22. Stress
23. Trauma
24. Gratitude
25. Change
26. Relapse
27. Forgiveness
28. Self-care
29. Loneliness
30. Vulnerability
31. Grief
32. Understanding
33. Support
34. Trust
35. Love
36. Emotions
37. People
38. Finding meaning
39. Self-compassion
40. Positive Attitude
41. Setting goals
42. Personal growth
43. Emotional regulation
44. Assertiveness
45. Letting go
46. Connection
47. Inner strength
48. My journey
49. Overcoming obstacles