

Managing anxiety in the group

Exercise 3

- i.* In a group that you are leading and that is **operating well**, set a task with little structure. For example:

'Develop a better relationship with one other person in the group.'

OBSERVE WHAT THE GROUP DOES. NOTE YOUR OBSERVATIONS BELOW.

The task

THE GROUP'S RESPONSE

- ii.* In a group that you are leading that is **anxious and tense**, set a task which is highly structured. For example:

'Do this, then do that and then do that'

OBSERVE WHAT THE GROUP DOES. NOTE DOWN YOUR OBSERVATIONS BELOW.

The task

THE GROUP'S RESPONSE

- iii.* In a group that you are leading that is **anxious and tense**, initiate member self-revelation by inviting members to say how they feel about something that is happening in the group or to talk about how what is happening reminds them of in their own lives. OBSERVE WHAT THE GROUP DOES.

NOTE DOWN YOUR OBSERVATIONS IN THE SPACE PROVIDED BELOW.

The task

THE GROUP'S RESPONSE

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Exercise 4

- i.* In a group that you are leading that is **comfortable and relaxed** give the group feedback about what they are doing well in your opinion, and why. OBSERVE WHAT THE GROUP DOES. NOTE YOUR OBSERVATIONS BELOW.

- ii.* Why did they do what they did? NOTE YOUR OBSERVATIONS BELOW.

- iii.* With a group that is **operating comfortably**, without much anxiety, give the participants the task of commenting about how they feel about each other. OBSERVE THE RESULTS. NOTE YOUR OBSERVATIONS BELOW.

- iv.* Why did they do what they did? NOTE YOUR OBSERVATIONS BELOW.

- v.* In a group that you are leading that is **comfortable and relaxed** initiate member self-revelation by inviting members to say how they feel about something that is happening in the group or to talk about how what is happening reminds them of in their own lives. OBSERVE WHAT THE GROUP DOES. NOTE YOUR OBSERVATIONS BELOW.

- vi.* Why did they do what they did? NOTE DOWN YOUR ANSWER BELOW.