DISCUSSION QUESTIONS

SELF-REFLECTIVE
Which item represents how you naturally show up at camp?

When you have a problem, what item represents the way you want others to show up for you?

What item symbolizes a method of showing up in which you’d like to improve your skills?

Which item represents a way of “showing up” that really isn’t your style (and makes it hard to get along with people who show up in this way)?

How did you show up today?

INTERPERSONAL
How did/do you want me to show up for you today?

How did/do you want [insert name of person] to show up for you in today’s [situation]?

What item would represent how you ideally want your co-counselor to show up for you?

Share with a co-counselor/bunkmate ways they can support you by showing up and seeing you the way you wish to be seen.

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