

# 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.

WANT MORE?

**VISIT [JEWISHCAMP.ORG/HINEINI](http://JEWISHCAMP.ORG/HINEINI)**

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