

Name That Feeling



1. Think of a time when you felt different from everyone else. For example: You were in a meeting and were the only woman, etc.
2. Think about the **ONE WORD** that best describes how you felt at that time. For example: "I was the only Hispanic person in the meeting. I felt **STRANGE**" or "I was the only person speaking sign language in the group. I felt **ISOLATED**."
3. Introduce yourself to the persons seated around you using the same **ONE WORD**. For example: "**I AM STRANGE**" or "**I AM ISOLATED**." Ask them to introduce themselves doing the same.
4. Reflect on the following with those at your table:
 - What did you feel that made you describe yourself as "STRANGE" "ISOLATED" or whatever word you chose?
 - What were some of the words most used during the "introduction" of each other?
 - Were there more positive or negative words?
 - What could be some of the implications (of the positive words) for our work together?
 - What could be some of the implications (of the negative words) for our work together?



Even when we all have felt different at one time or another, it's easy to forget the feelings that are being associated with it. We may unintentionally exclude others or behave in ways that send mixed messages. If we can remember our own feelings about being different, it may help us to be more sensitive to others.