

RIVER OF LIFE

DYADS CONCERNING FEELINGS AND NEEDS IN MY RIVER (2nd part)

AIM:

River of Life is a visual-narrative technique that helps participants to tell real stories from their lives. This technique should allow young people to grasp feelings they currently experience as well as feelings triggered by memories of past events. Thanks to this better understanding, they can examine more easily what emotions and needs are linked to particular events, how these emotions and needs influence their behaviour, and how they reflect in their relationships.

The aim of the second part of the work with the River of Life is to understand own feelings and needs that are connected with a particular situation. This way, participants are motivated to look at a specific situation through their feelings and needs. There are Feelings and Needs cards to help them with this. Following the understanding of one's emotions and needs, the aim is also to strengthen young people's skills in communicating emotions and needs using Dyads.

TYPE OF ACTIVITY:

deepening activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

- ▶ second part introduction: 5 minutes
- ▶ Dyad practice: 25 minutes
- ▶ discussion of Dyads: 30–40 minutes (according to the group size)

ACCESSIBILITY:

- ▶ reading Feelings and Needs cards
- ▶ introspection
- ▶ having conversations in pairs

MATERIALS:

- ▶ a set of Feelings and Needs cards for each participant

PROCESS:

Hand out sets of Feelings and Needs cards to participants. Ask them to think about their River again for 10 minutes and pick one situation they would want to work with further and which they would not mind sharing with another person. The participants will reflect on the chosen situation: which emotions they experienced in this situation and which needs were behind these emotions. As soon as the participants are ready, ask them to form pairs in which they will share the conclusions of their reflection using Dyads.

REFLECTIVE QUESTIONS:

- ▶ Was it difficult to think about which emotions you had experienced in that particular moment/situation? What had it been that you needed then?
- ▶ Have you realized — thanks to the sharing with your partner — anything new about the situation? For instance, additional needs you did not think of before?
- ▶ What did we realize for the first time about the situation in question using the identification of feelings and needs technique? Did it allow you to see the situation in a new light — either concerning how you would react or concerning the emotions you experienced?