

PROTOCOL : OBJECT OR ANIMAL

Objective : To talk about one's self, and highlight the important values of the person

Steps :

1. If I was an animal, I would be.....

If I was a vegetable, I would be

If I was an organ, I would be

If I was an object, I would be

2. What the main quality

Of this animal.....

Of this vegetable.....

Of this organ.....

Of this object.....

What is the common point, the common value between these four elements?

3. What is it in my life that revolves around these values ? Do they express in my life, if not what prevents me from expressing them ?

