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Essences: Meet My Mother

Name:

SOUL Center:

Date:

This is a game to explore the essence of an individual.

What is the essence of a person? It's not what they look like or what perfume they wear, or their favorite movie. A person's essence is who they are inside, the way they move and laugh. It's the way they react to things that scare them, the way you imagine they were as a kid, the way they are when they think no one is looking.

Now, Imagine this person weren't a person at all. What would this person be if they were other things? Feel free to be descriptive.



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Person: Mom (or other family member)

Think about the essence of your mother and answer the following questions.

If your mom were a ...	She would be a...
Color	
Animal	
Beverage	
Vehicle	
Piece of Clothing	
Landscape or place on earth	
Sound	

1. How does going through this game of Essences help us understand someone's relationship better than if we asked them about the person and they just said "nice"?

2. How does this process help you think differently and more deeply about someone you already know?



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