

Learn from Your Interactions

First, we interact with ourselves. We have an ongoing interaction and relationship with ourselves. It is important that we like ourselves. We understand and depend upon ourselves more than anyone in our lives. We need to see ourselves as a good friend. We need to feel comfortable when we are alone. Take one minute to think about what you learned about yourself during the first part of the activity.



Second, we interact with others, one person at a time. There are many times each day when we are with one other person. In these situations, we learn something about ourselves as we talk with the one person. It gives us a chance to learn how to act with others. We learn and grow from these interactions. With a partner, share one thing you learned about yourself while solving the Survival Voyage with one other person.

Third, we interact with groups of people. How do we act in a group? We are often in groups. Our family, school, classroom, church and friends are all groups. When we are in groups, we act differently than when we are alone or one to one. In groups, we can watch ourselves. We can look at how we act. We can think about how we feel. In groups, we can think about what makes us comfortable or uncomfortable. It is one more way to see new things about ourselves and grow. With a partner, share one thing you learned about yourself while solving the "Survival Voyage" with a small group.



Whether we are working alone, with one other person or in groups, we can learn about ourselves. When we work with others, it is like having a mirror to see ourselves through their eyes. These experiences give us a chance to learn about ourselves.