

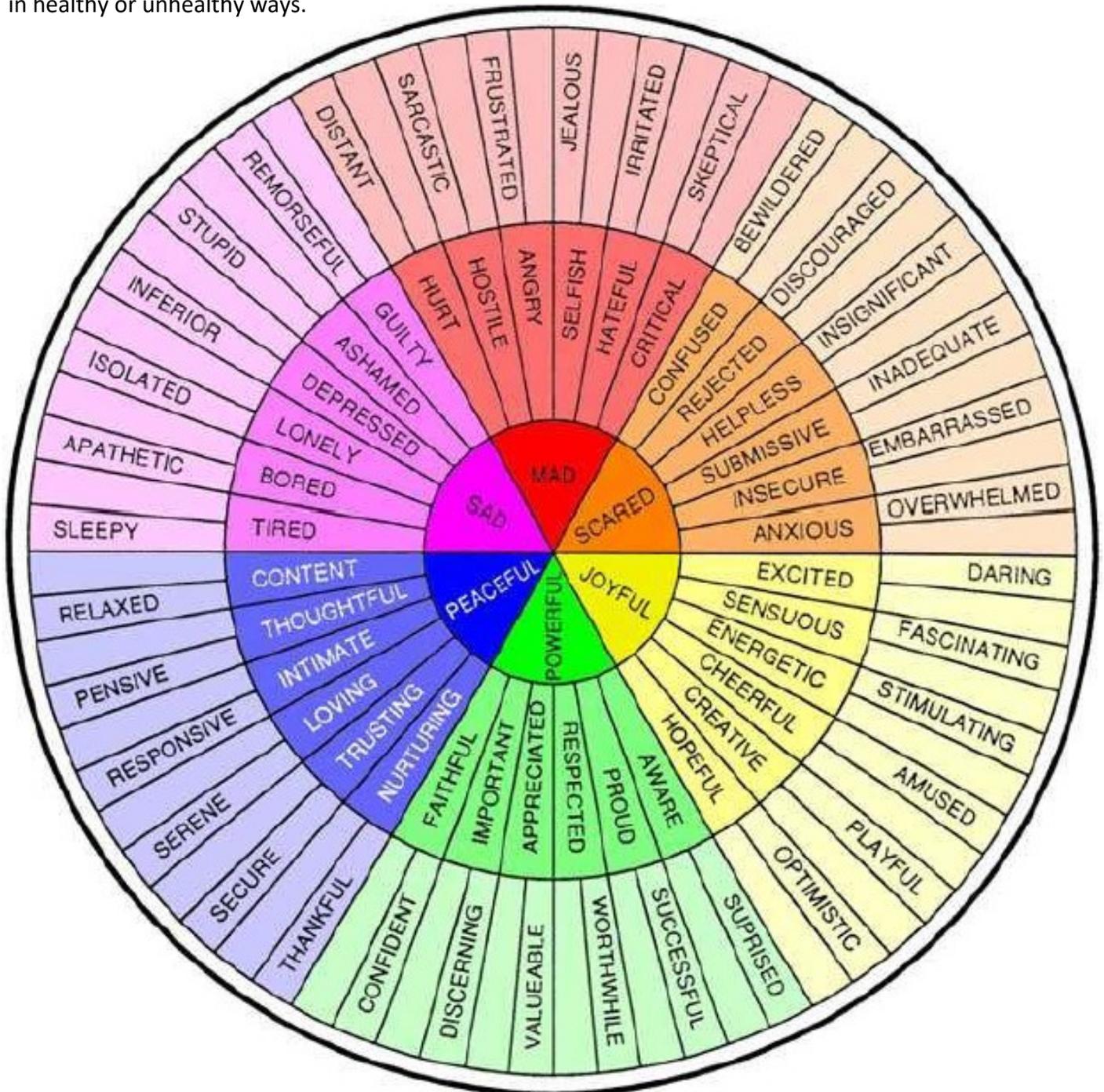
“Returning from Exile” Activity Page

The Feelings Wheel

If you find it challenging to identify your emotions, you’re not alone. And all of us can probably become more precise in identifying what we feel. There is no one way to “map” emotions and how they relate to each other, but the Feelings Wheel, developed by Dr. Gloria Willcox, illustrates the wealth of emotions available to us.

As you can see, the middle wheel contains more specific versions of the feelings in the central wheel. The outer wheel contains common responses to those feelings. So for instance when you’re excited you might be more daring, and when you feel hurt you might become more distant.

Use the Feelings Wheel to share with the group a “messy” or “complicated” situation you have recently encountered. Try to identify how you were feeling and how those feelings may have caused you to respond in healthy or unhealthy ways.



The Psychiatrist Game

Our scripture reading tonight, from Ezra, described what it was like for the Israelites to return to their holy city, Jerusalem, after years in exile. For a fun way to try to understand what it feels like to “return from exile”, lead your group in the following game.

The premise of the game is that everyone in the room has the same psychological problem and the psychiatrist has to figure out and diagnose the illness.

So, choose a group member to be the psychiatrist. They will be “exiled” from the room while everyone else decides what problem they all have. Then, the psychiatrist comes back in the room (returns from exile) and starts asking people questions to try to diagnose the illness. Everyone should respond to the questions as one with the illness would respond.

Once the psychiatrist thinks they have the illness identified, they can diagnose it. Patients should be more obvious with their symptoms if the psychiatrist is having trouble figuring it out. Once the illness is correctly diagnosed, start again with a new psychiatrist and a new illness.

Here are some illness ideas to spark your creativity:

- All answers given must start with the first letter of your first name
- Cross your legs when you are asked a question, and uncross them after you have answered
- Whoever the psychologist is questioning, the people on both sides of them get itchy
- You are all characters from Star Wars
- Whenever someone says “um,” the person to their left clears their throat
- You are all super indecisive
- You all have to use a color (or a number) in your answer somehow
- You rub your nose with your index finger sometime during your answer
- Everyone thinks they are the small group leader
- Everybody claps once when the answerer uses an adjective

