

SIMILARITIES

1



Identity



SIMILARITIES

Mind

Body

Heart

Soul

“Everybody’s looking for that something/One thing that makes it all complete/You’ll find it in strange places/Places you never knew it could be.”

Westlife

Reflection

What’s the difference between belonging and fitting in?

Action

In a column, make a list of things that make you feel like you belong. Now, in another column, make a list of things that make you feel like you have to fit in.

SIMILARITIES

2



Identity



SIMILARITIES

Mind

Body

Heart

Soul

“A good friend keeps your secrets for you. A best friend helps you keep your own secrets.”

Lauren Oliver

Reflection

We all have parts of ourselves that we keep secret, or that we are cautious to share. What do you think makes us want to keep these things private?

Action

Write the ending of a conversation that begins with someone saying to a friend, “I don’t want to talk about it.” Does the friend respect that statement? Would the conversation be different if the friend thought that the other person was hiding something that should be talked about? Write that ending to the conversation

A HOME WITHIN

fosteringrelationships.org • ahomewithin.org • © 2014 A Home Within

SIMILARITIES

3



Identity



SIMILARITIES

Mind

Body

Heart

Soul

“We all want to be extraordinary and we all want to fit in. Unfortunately, extraordinary people rarely fit in.”

Sebastyne Young

Reflection

One thing we all have in common is that, at some point, we worry about being an outsider. Do you think this fear ever goes away?

Action

Think of two people you admire. List three things about them that might make it hard for them to fit in. Are those qualities you admire, or things you wish they would change?

SIMILARITIES

4



Identity



SIMILARITIES

Mind

Body

Heart

Soul

“Maybe the sun will shine today, the clouds will blow away. Maybe I won’t feel so afraid, I will try to understand. Either way.”

Wilco

Reflection

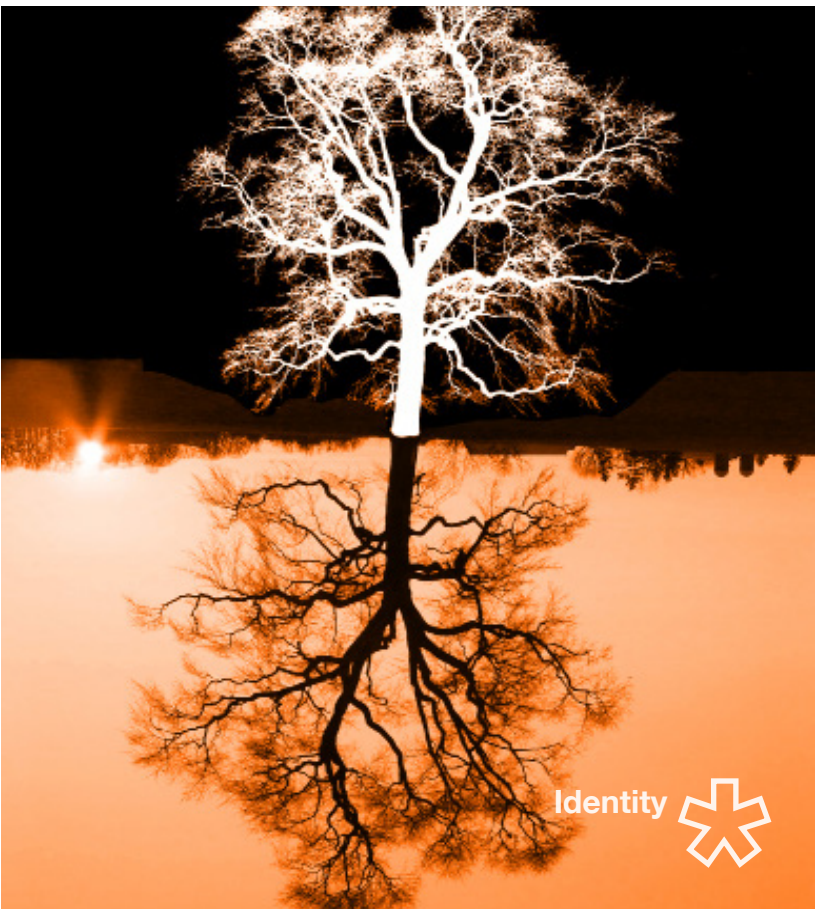
Sometimes being alone is scary or boring. Sometimes it is a relief or relaxing. How do you usually react to being alone?

Action

Make a collage or draw a picture of a place you could be alone and feel relaxed. Is it indoors or out? Is it quiet or noisy? What colors did you use? Which did you try to avoid?

DIFFERENCES

5



Identity



DIFFERENCES

Mind

Body

Heart

Soul

“Rivers, ponds, lakes and streams—they all have different names, but they all contain water.”

Muhammad Ali

Reflection

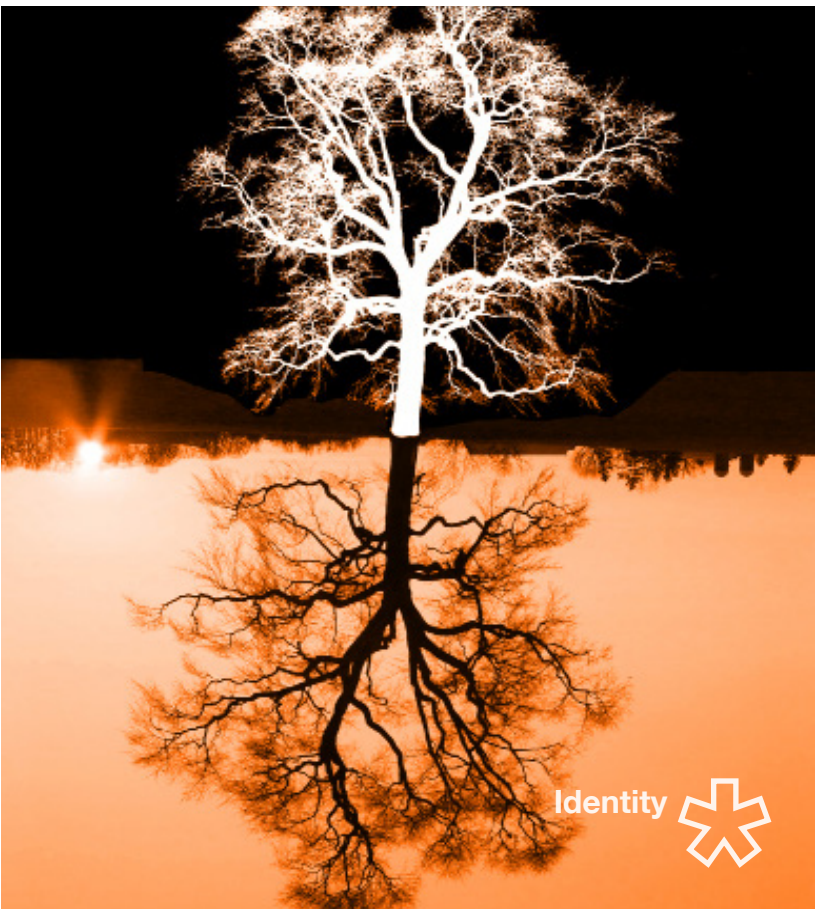
If you were to send three text messages—one each to a friend, an adult, and a teacher—how would they be the same? How would they be different?

Action

Imagine that you are standing in front of a beautiful waterfall. Write a text about it that you would send to a friend, a teacher, and someone you just met.

DIFFERENCES

6



Identity



DIFFERENCES

Mind

Body

Heart

Soul

“I started living outside of the box/Crossing over lines where I always used to stop/Living outside of the box/‘Cause I’m not gonna be anybody that I’m not.”

Katy Perry

Reflection

Think of something you keep private. Is it something you like about yourself or something you wish could be different? Why keep it private?

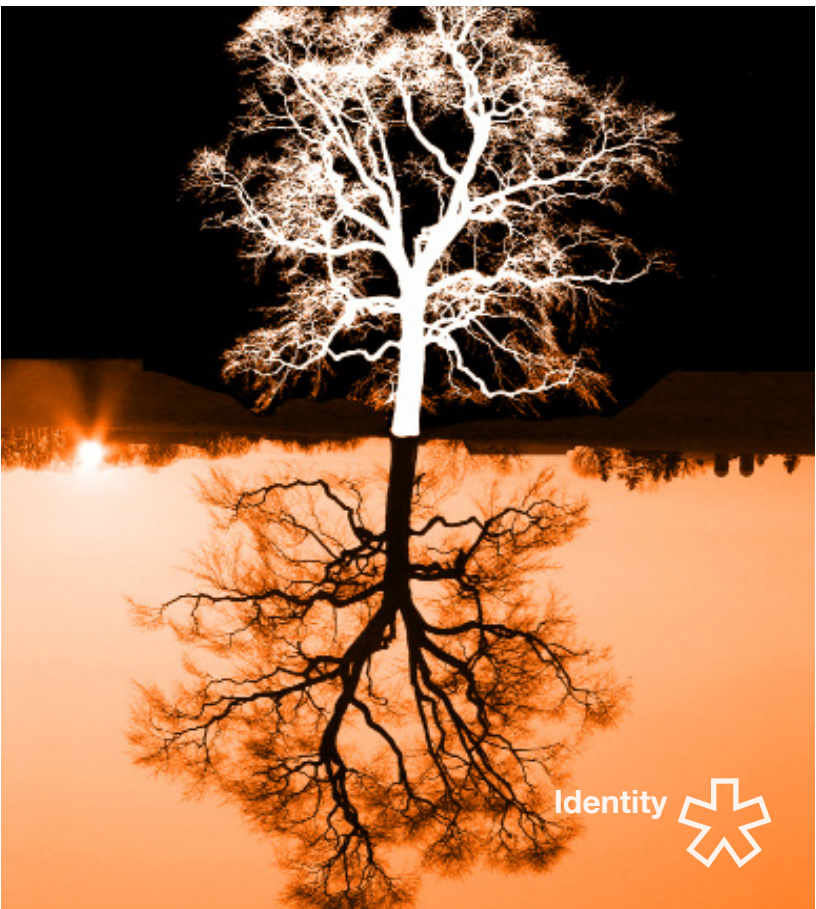
Action

Imagine a box, any size, made out of any material you want. Now imagine opening it and putting something you keep private about yourself inside. Put it on a shelf in your mind. How long can it stay there?



DIFFERENCES

7



Identity



DIFFERENCES

Mind

Body

Heart

Soul

“Every day I fight a war against the mirror/I can’t take the person starin’ back at me/I’m a hazard to myself.”

Pink

Reflection

In order to fit in, sometimes we feel that we can’t show all of ourselves to others. Think about what you let your friends know about you that you might not show to someone new. Does it make sense that you want to be comfortable before you show that part of yourself?

Action

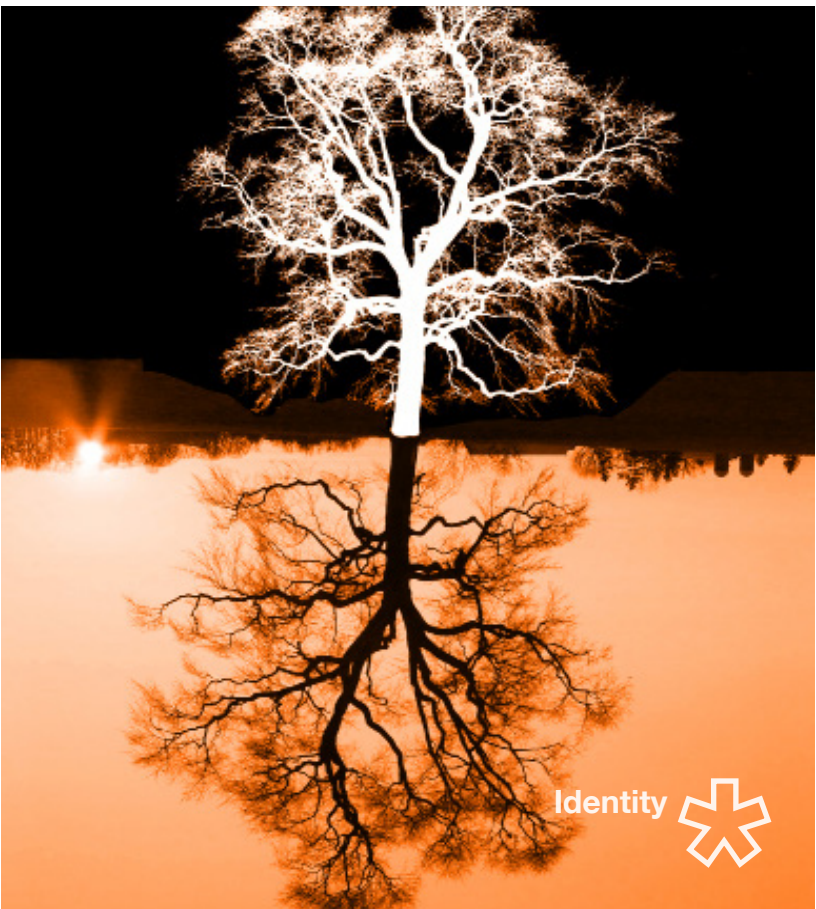
Write a conversation between two good friends that begins with one saying, “I never knew that about you.” What might the other person have learned?

A HOME  **WITHIN**

fosteringrelationships.org • ahomewithin.org • © 2014 A Home Within

DIFFERENCES

8



Identity



DIFFERENCES

Mind

Body

Heart

Soul

“Everyone has a talent. What’s rare is to follow it to the dark places it leads.”

Erica Jong

Reflection

Each of us has a unique talent that sets us apart. This could be the ability to be a good friend, to listen, to do well in school, or to play sports. What are you good at?

Action

On the top of a piece of paper write something you do well. List three things you’ve done to get good at it. Is there more you could be doing? If so, what would help—practicing more often, asking a friend to teach you, taking a class? If there is something you can do to help yourself, do it!



BELONGING

9



BELONGING

Mind

Body

Heart

Soul

“Look inside you and be strong/And you’ll finally see the truth/That a hero lies in you.”

Mariah Carey

Reflection

Do you think you’ve ever done something heroic? Are all heroic acts dangerous? Could a simple act of kindness ever be heroic?

Action

Using pictures from newspapers or magazines, make a collage to show what being heroic means to you.

BELONGING 10



Identity 

BELONGING

Mind

Body

Heart

Soul

“May you have a strong foundation when the winds of change shift.”

Bob Dylan

Reflection

Do you think that it's easier to feel comfortable in a group if you have self-confidence? Does being part of a group ever help insecure people hide from themselves or others?

Action

Find a picture of someone who looks self-confident and another of someone who looks insecure. Write a sentence for each of them asking the other to join a group.

BELONGING

11



Identity



BELONGING

Mind

Body

Heart

Soul

“And the wise man say I don’t want to hear your voice/And the thin man say I don’t want to hear your voice/And they’re cursing me, and they won’t let me be.”

Radiohead

Reflection

Sometimes people feel as if they have to give up part of themselves to be close to someone or to be part of a group. What can people learn by doing that?

Action

Find a picture you like. Cut it into puzzle pieces. Remove one piece. How does it change the picture? How many pieces can you take out before you can’t recognize the picture?

BELONGING

12



Identity



BELONGING

Mind

Body

Heart

Soul

“Why are you trying so hard to fit in when you were born to stand out?”

Ian Wallace

Reflection

When you think of your dreams, are they about belonging? Or, are they about being different? Or, both?

Action

Find a partner. Each take a piece of paper and write “fit in” on one side and “stand out” on the other. Write ten words that come to mind about each. Compare your lists. How are they the same or different?

ACCEPTANCE **13**



Identity



ACCEPTANCE

Mind

Body

Heart

Soul

“So how can I ever try to be better?/Nobody ever lets me in/I can still see you, this ain’t the best view/On the outside looking in.”

Taylor Swift

Reflection

Sometimes people are drawn to each other because they both feel different from others in the same way. Does this make sense to you?

Action

Write a conversation between two people who are standing outside of a group looking in. Now write one for two people in the group looking out. Are they different? Does it seem possible that they could all be part of one group?

ACCEPTANCE 14



Identity



ACCEPTANCE

Mind

Body

Heart

Soul

“You can get addicted to a certain kind of sadness. Like resignation to the end.”

Gotye

Reflection

Do you think it's true that we can be our own worst critic? What do you think leads to people being hard on themselves?

Action

Think of something that makes you self-critical. Write a mean sentence to yourself about it. Now write a friendly sentence to yourself about the same thing. Can you begin to rewrite your inner voice?

ACCEPTANCE 15



Identity



ACCEPTANCE

Mind

Body

Heart

Soul

“And I’ll find strength in pain/And I will change my ways/I’ll know my name as it’s called again.”

Mumford & Sons

Reflection

At one time or another, everyone worries about not being liked. Can you remember a time you felt left out? Can you think of a time you left someone else out?

Action

Think of one or two people you usually avoid. Make a list of ten things you don’t like about them. Are those things that they can change? Do you think they would want to or not?

ACCEPTANCE **16**



Identity



ACCEPTANCE

Mind

Body

Heart

Soul

“The moment that I step outside/
So many reasons/
For me to run and hide I can’t do the
little things I hold so dear/
‘Cause it’s all those
little things/That I fear.”

No Doubt

Reflection

Have you ever had to reject someone else’s values in order to be who you want to be?

Action

Draw a bullseye. In the center, write the values that you would never change. In the next circle, write those you might want to change a little bit. In the largest circle, write those that aren’t that important to you.