



MELTING ICE ACTIVITY

The next unit offers the group an opportunity to see what it is like to have an unpleasant sensation or feeling without having to respond to it reflexively. As Emily learned when she merged with her Glimmer, it is possible to experience difficult feelings without letting them rule your behavior. Emily learned to stay in the present moment and from that spot she was able to act on the love she had for her companions rather than on old messages of shame and abandonment.

To assist the group in understanding this concept, you will lead them through an experience where they will hold an ice cube in their hand and tolerate the sensation rather than avoid it. Give each group member an ice cube in a plastic cup. Explain that they will hold the ice in their hand over the cup to catch the drippings. Remind them that even if it feels painful, nothing bad or dangerous is happening. The melting ice might be uncomfortable, but it will not hurt them.

Pass out the cups with ice making sure you to keep one for yourself. Remind the group of how they have learned to observe their thoughts and feelings without judgement. When everyone has a cup asks them to notice what they feel and think in anticipation of the exercise. What do they notice is going on in their body when they think about the ice hitting their hand? Ask them to just notice how they feel. Is their heart beating faster, do they feel nervous or are they wondering how they will do?

When they put the ice in their hands, ask them to feel what it is happening. Remind them that it may hurt or be uncomfortable but to remember that it will not hurt them. They can feel that feeling and stay calm around it without having to respond to it. When the ice has melted, explore what this was like for the group and help them to understand how this skill can be used in their lives.