



Public, Private, Secret Self -- It's In the Bag

What aspect(s) of the Transformational Model this activity helps illustrate: Personal Transformation, Mental Models, Creative Tension, Making Preparation, Spiritual and Relational Vitality

Materials needed: Magazines, paper bags, markers, glue sticks

Minimum number of participants required: N/A

Time needed: at least 20 minutes for each facet, so 60 minutes total but longer reflection times would be valuable

Instructions:

1. Explain the distinctions between the public, private and secret selves.
2. Distribute a bag for each participant and call attention to the magazines available.
3. Note that for 20 minutes (at least) you want them to prayerfully consider the public face they show to others and choose illustrations (ad copy or photos or graphics) that depict aspects of that public face to paste on the outside of the paper bag.
4. After allotted time, encourage participants to share with another person what they've presented on their bags.
5. Either immediately after or (if in a retreat setting) after a break or even other teaching, move to the private aspect of the activity. Again encourage the selection of words or graphics that depict what we tend to only show those who know us well and paste those on the back or the bottom of the bag.
6. If working with peer groups, debrief this aspect with peer groups. If not, encourage sharing with a trusted friend.
7. Either allow time to lapse or move on to the final stage which

is the secret self. This time the illustrations should deal with those things that only God and the person know to be true. Sharing this aspect should be at the discretion of the participant when they feel the trust level is to the point they can share.

Debriefing suggestions:

Trust must be built for any kind of small group dialogue on the private and secret selves. Do not rush the "sharing" on these areas. Prayer and bible study may need to precede any real unpacking of the bag activity.