

## Groups Part 1

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Thinking about the group that you felt a “bit out of” discuss the following:

1. What was the attraction of being in the group that you felt a “bit out of”?  
What was positive about this attraction? What was negative?
2. What would be rewarding about being a member of the group that you felt a “bit out of”?  
What was positive about the rewards? What was negative?
3. Are there other groups or relationships or activities that offer the attractions or the rewards of this group?
4. What feelings did you experience when you were left out?  
Who else might have felt like you – what could you do about this?
5. How do you see the group in the light of this discussion?