



Clothes Minded

Directions – For this group cohesion building exercise, select different types of clothing and accessories listed below and follow the questions as directed for each one. Group members are encouraged to share honestly and as openly as each person feels comfortable with. There are some final process questions at the end to close out the group. The person leading the group does not need to go in order when selecting different categories of clothing/accessories.

HAT

If you are wearing a hat... then tell us one interesting experience that you had while either wearing that hat or tell us something interesting about where you got that hat or who gave it to you

If you are not wearing a hat... tell the group about a person whom you feel strongly about (positively or negatively) who likes to wear hats

OR (Additional Option) – What kinds of thoughts bounce around inside your head most often these days?

SHIRT

If your shirt has sleeves...What is one belief, interest or idea that you “wear on your sleeve” (express openly and publicly)

If your shirt does not have sleeves...Who is a person whom, you would “give the **shirt** off of your back” for (do just about anything to help), and why?

OR (Additional option) – **If your shirt has words or a specific design...**What does your shirt say about you personally?

PANTS/SHORTS/SKIRT/DRESS

How would you describe your **Pants/Shorts/Skirt/Dress...Choose One: LOOSE, TIGHT, JUST RIGHT** then answer the corresponding question below:

If you said your pants/shorts/skirt/dress are TIGHT – What is something that is “tight” in your life right now? (Tight can mean difficult to manage or tense or not a lot of room to maneuver)

If you said your pants/shorts/skirt/dress are LOOSE – What is something in your life that you are “loose” about (relaxed, unrestrained, unrestricted)

If you said your pants/shorts/skirt/dress are JUST RIGHT – What is something that is “just right” in your life right now and why?

GLASSES/CONTACTS

If you wear glasses or contacts...What is one experience that has helped you to “see” better (In this case “see” means gain wisdom, awareness or understanding)

If you do not wear glasses or contacts...What is an area or your life where you have had good “vision” (An ability to think or plan with wisdom and insight)



RING

If you are wearing a ring...tell the group one of the following: A story about how or why you got the ring, a story about the person who gave it to you, or what the ring means to you personally

If you are not wearing a ring...Keeping in mind that rings often are associated with relationships, share with the group your personal stance on relationships including if you are in one and if you think they are worthwhile

SHOES

First answer: When you chose those shoes, what was more important **style** (appearance) or **comfort**?

If you said comfort...What is one healthy way that you find comfort in times of stress or trouble?

If you said style...What is one thing that you would say is a defining characteristic of your overall “style” of living?

SOCKS

If you are wearing socks...what is something that gives you a “warm” feeling in life? (Affectionate, kind, emotional)

If you are not wearing socks...what is a good memory you have where you were barefoot?

WATCH

If you are wearing a watch...what is your personal philosophy and viewpoint on time? (For example, some people are patient and take their time, others rush, some organize their time by planning, others are spontaneous or impulsive)

If you are not wearing a watch...if you were given a large amount of extra time to focus on any one thing in life, what would you choose to use this time on?

NECKLACE

If you are wearing a necklace...share with the group, the meaning or significance of the necklace or share a story about the necklace itself or how you got it or where it came from

If you are not wearing a necklace...Who is one person you would “stick your neck out” for (risk criticism or harm by speaking or acting boldly to help or show support for this person)

BELT

If you are wearing a belt...Who or what helps “hold you up” (support, encourage) when you feel like you are falling down in life?

If you are not wearing a belt...What situations in life or with what kind of people do you feel like you are a “good fit” (compatible, agreeable)



CLOSING CLOTHING QUESTIONS – These questions are for general discussion for the group to close it out at the end, after the first part has been completed

For you personally what does your choice of clothing or fashion overall say about who you?

A big part of the recovery process for both substance use, and mental health is making positive changes in our personality. With that in mind, this may require “taking off” negative thinking, attitudes, and behaviors and “putting on” or “wearing” new, more positive personality traits. So, with that in mind:

- What are some aspects or characteristics of your personality that you are working on “taking off” or removing (for instance like aggression, destructive habits, poor relationship choices, etc.)
- What are some positive personality traits that you want to practice “putting on” and “wearing” (or displaying, like for instance patience, kindness, responsibility, motivation, etc.)

Finally, what is one thing that the rest of the group should take away from this about you? (Something that stands out that you want people to know about you?)



Don't Change
To Fit the
Fashion,
Change Fashion
To Fit you