



What You Should Know About Me

This is a group icebreaker to help allow everyone to express themselves and their viewpoints and at the same time learn more about one another. For each item listed below, go around the group allowing everyone to share something about themselves related to the topic. Remember this is an icebreaker so it is okay to keep it simple. It is likely that there may be more about you than can be said in just one statement. However, this is not about telling your deep life story but rather just sharing some interesting thoughts about yourself to build group cohesion. So, try to keep your answers to one or two sentences. Some examples are provided to help:

Humor – Example – “I love to laugh but I am not so great at making other people laugh”

Friendship – Example – “I am the type of friend that will have your back no matter what comes until you cross me or backstab me, then it’s over”

Strong Beliefs – Example – “I don’t get offended easily except that I cannot stand when anyone hurts animals as I strongly believe in being kind to animals”

LIST:

Humor

Friendship

Strong Beliefs

Anger

Communication

Relationships

Substance Use

Interests

Stubborn areas (challenges)



Strengths

Areas needing improvement

Topics I know a lot about

Favorites

Family

Education and work

Values (What's important)

Goals, hopes and dreams

Random (Anything about anything)

FOLLOW UP GROUP QUESTIONS (Optional)

- Based on what you heard during this exercise, who is someone here who you have something in common with?
- What is one thing that you can bring to this group for as long as you are here as a participant in this program?
- Whether you are here voluntarily or you are mandated or somewhere in between, what is one thing that you hope to get out this group experiences before you are done?