



Getting Honest Icebreaker – “I CONFESS”

The following activity is a way to get people into the spirit of being open about getting honest about mistakes and shortcomings as a group.

Directions: The counselor or group leader should read the first topic. Someone in the group should volunteer to complete the topic with an honest story about themselves. If others in the group have had the same or similar experiences, they should raise their hand and say ‘I confess’ and then share their own personal experience. Keep doing this under each topic until everyone who wants to share gets a chance, then move to the next topic

Example: Topic #1 – Counselor Reads: “A bad decision I made in my life was...”

- Group Member 1 – Raises hand and states “I wish I would have never started using pain medication when I was a teenager because that is what lead to my heroin addiction”
- Group Member 2- Responds – “I confess, I feel the same way, when I started stealing my grandmothers pain medication from her medicine cabinet when I was 19, I probably would not have gotten hooked on these things if I never did that”
- Group Member 3 – Response - “I confess I had a similar experience, but for me it was cocaine. Things started going downhill for me when I was 15 and I started doing lines with my older neighbor who was a coke dealer”

Topics:

1. A bad decision I made in my life was...
2. I let people I care about down when I....
3. Something I should not have done in my life but did anyway was...
4. I feel embarrassed or ashamed when I think about...
5. One thing that I try to hide from other people is...
6. An area in life which I can't help but feel like I came up short of my goals is...
7. One lie that I told that I will never forget about is....
8. I am not proud of the fact that I...
9. I got caught doing...
10. I was totally wrong but didn't realize it at the time when...
11. If I could redo one moment in my life it would be...
12. If I had only listened to this advice....



In order to end on a more positive note, end his activity with these four lighter-hearted more positive topics:

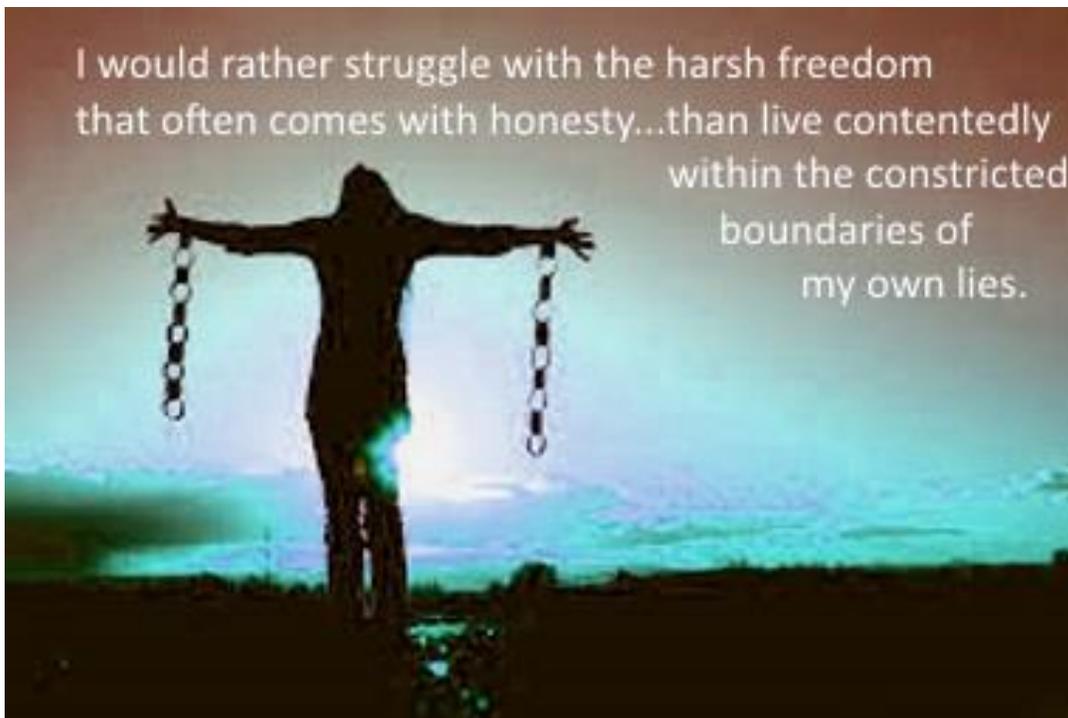
13. A lesson in life that I have learned a lot from is...

14. An embarrassing mistake I once made, that I can laugh about now is...

15. Something that I struggled with in the past but have now overcome is...

16. A positive quality that I can proudly say about myself today is that I am...

Being honest about our mistakes may feel harsh at first, but often that is what it takes to free our minds and start the process of learning to change for the better.



Next Move on to “Principle Zero”