

Best Friend Introduction

From "Building Team: Exercises and Activities" from UT Dallas

Goals: To have people share about themselves from a third person perspective - their best friend. The idea is they may be more comfortable disclosing aspects of themselves if they are not talking directly about themselves.

Group size: The larger the group the longer it goes...

Materials: Questions, can be a fill in the blank sheet.

Directions: Ask the group to fill-in the sheet or answer the following questions as they would expect their best friend (outside of the group) to describe them.

I would like to introduce: _____(name)

She/ he is the kind of person who likes:

- 1.
- 2.
- 3.
- 4.
- 5.

She/he greatly appreciated and values:

- 1.
- 2.
- 3.
- 4.

Some of his/her dislikes or pet peeves are:

- 1.
- 2.
- 3.

Someday she/he would like to:

- 1.
- 2.
- 3.