

The Fear Hat Exercise to Tailor and Revise to Suit Your Goals:

During Lunch: Fear Hat Exercise (11:30 – 12:30) (*need bowl and notecards*)

- Ask each student to write:
- “In this clinic, I am most afraid that..... (put prompt on the board)
- Collect the papers, mix them up and put them in a bucket. Invite each person to take a piece of paper (not their own) and read about someone’s fear. If you get yours, put it back.
- Each person will read the fear of another group member and elaborate what she feels is the person’s fear. No one comments, just move on to the next person.
- When each fear has been read and elaborated on, then discuss what commonalities there are, what people felt and noticed.
- Emphasize extreme nature of fears – mistakes will happen, but fearing complete disaster.
- Discuss how it felt to have someone read and elaborate on your fear: make connection to clients and motivation that comes from representing clients.