



CYCLE OF HOPE, CYCLE OF FEAR

INDIVIDUAL - COMMUNITY.

Many of the challenges that a group project entails for each person are expressed in the individual layer. This method proposes a way for a positive understanding of these challenges, turning them into a way of reconnection with the community.



Aims and Objectives

- Increase awareness of personal power over our lives, decisions and emotions
- Recognize blockages and identify opportunities



Time

Around 1,5 hours.
Interesting to do several sessions



Materials Preparation

- Print the stages of the cycle of hope
- Have post its, pens, markers, tape, and large papers for group work
- It is recommendable for the facilitator to have done the exercise before so he/she can explain and accompany from a more understanding perspective.



Target audience

Individuals, groups and trainers



Number of Participants

Minimum 6 – maximum 20.



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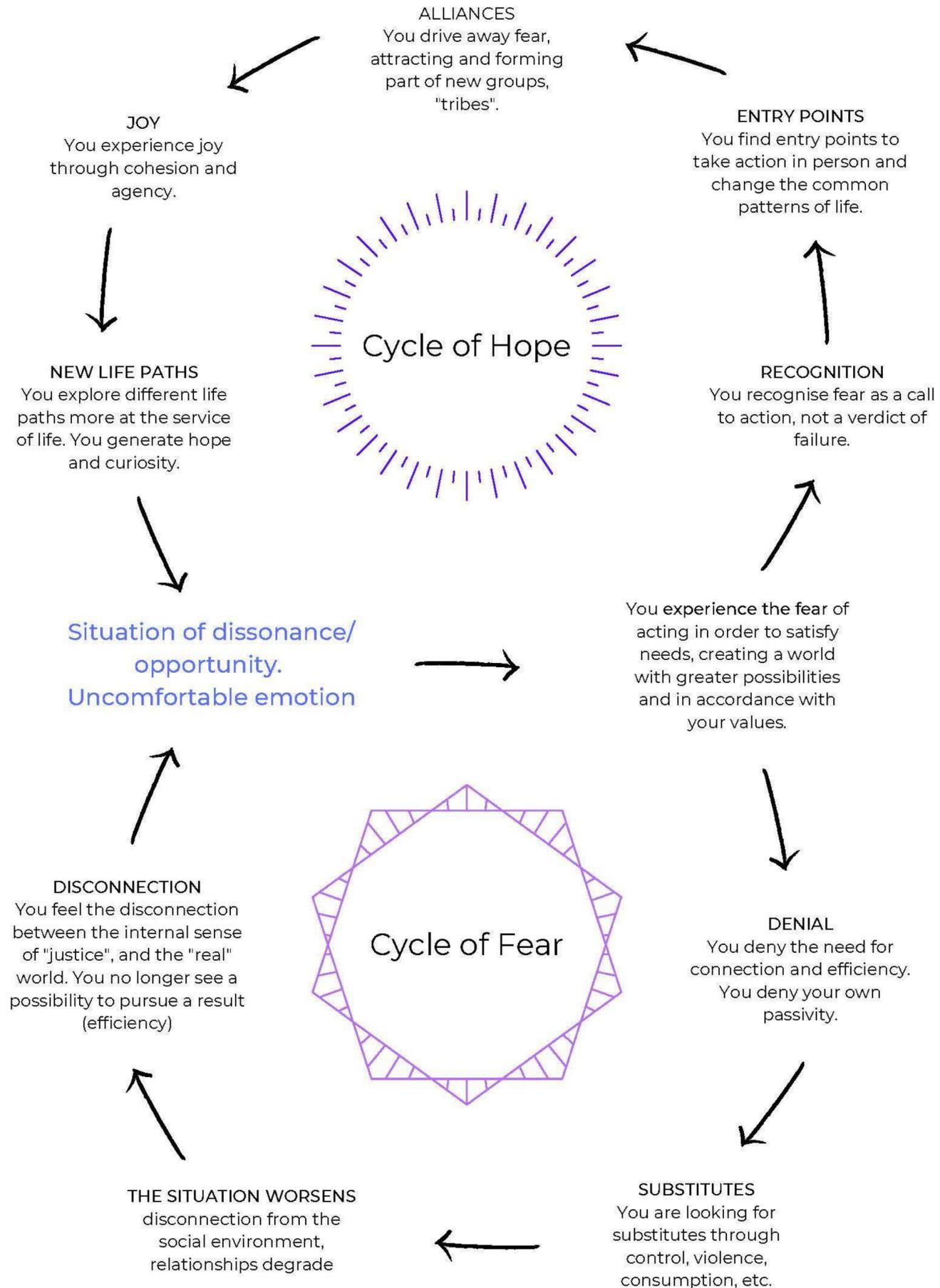
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CLIPS METHODS



Duration

Activity

15'

INTRODUCTION

5'

GROUP FORMATION

70'

LIVING THE CYCLE
STEP BY STEP

10'

SHARING & CELEBRATION

INTRODUCTION

FRAMING- 15 MINUTES

Presentation round.

The Cycles of Hope and Fear are put on paper on the wall or on the ground, marking every stage. Shortly explain the cycles.

Tip: It is important to get to the entry points, anything after that is a bonus.

CYCLE OF HOPE

INSTRUCTION 1 -GROUP FORMATION

If you decide to work on individual situations:

Each participant chooses if s-he wants to be the protagonist of the journey, or if s-he wants to accompany the process. Groups are formed with a leading/protagonist person and 2-3 accompanying people. In this way, you can create groups of a maximum of three to four people, always with explicit consent from the group on who is the protagonist in the cycle.

If you decide to work on group situations:

Small groups of 3 to 5 people who make the journey together will be formed. From the very beginning, the group expresses the situation / challenge, that is present and alive at that moment.

Give post-its, pens, markers and a large paper to each group so they can draw the map and add comments/ ideas with the post-its.

STEP BY STEP

Step 2: Recognition of fears/difficulties

Recognize fear as a call to action, not a verdict of failure. At this stage, those who travel and their team reflect together around what actions could be taken from the initial situation. They analyze the fears that emerge as barriers to these actions. Often these fears are masked in reasoning like "yes, but...". They write them down and discuss them for a few minutes. What action do they want to "perform"? Together they decide. In the case of group difficulty, for example, a group that has decided to start a new area of action, but time passes and nothing gets done; the difficulties that may emerge are diverse: lack of time (fear that it will take time that I do not have), lack of resources (I am asked for more "volunteering" time than I am willing to give), poor clarity in the objectives, etc. Difficulties can be expressed in any language (emotional, facts, imaginary, etc.) The facilitation encourages to welcome them in any language they might be expressed.

Tip: Recognize fears and difficulties, encourage picking up the difficulties

LIVING THE CYCLE: STEP BY STEP

Step 1: Description of the situation/challenge

Whoever travels describes a conflictive situation, a difficulty, and/or unpleasant emotions that are present in the current or recent life of the person.

It may be the difficulty of finding a job or having been subjected to prejudice, whatever is present. Every person who wants to be the protagonist of the cycle describes the situation and the associated emotions.

The people who accompany can also add "how they would feel" in that situation. They write it down on a piece of paper and continue.

Here, in the case of working with a group theme, it may take a while to detect the challenge that is present. It is important to name a concrete situation that is present: for example low participation in meetings rather than: lack of involvement of members, which is more ambiguous and implies judgment.

Tip: Make sure that the initial situations are concrete statements.

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CYCLE OF HOPE

STEP BY STEP

Step 3: Identify entry points

Find entry points that can be performed in person and can change the common belief systems of our life: in the group find a realistic and accessible proposal to act upon. (Understanding that this scenario is symbolic, it is not a commitment to finding employment, following the example!) It is important to underline how for each person there is a moment in which it is possible to move towards a positive proposition. At this stage, it requires creativity on the part of the entire team to find that "entry" point that allows some action in the desired direction. For groups, it is also highly recommended to find possible actions. It is important that the facilitation does not fall into the "should trap". It is not about *what should be*, but about what is possible and to break the cycle of fear. If a group tends to focus too much on what should be it can get overwhelmed, whereas if it attends to what is possible and innovative at this moment the group energy recharges.

Tip: Accompany doubts around what is an entry point: Highlight that action refers to something concrete, material, or immaterial. An action may be a conversation...

Step 4: Alliances.

You drive away fear and you attract new people, new groups, or "Tribes" into your life. When you step out of the familiar environment by venturing into novel territory, new people and new affinities appear. Which new people can appear? In what other groups can the person find other affinities? What principles and values would that group have? What would be the motivation for choosing this path? Close the stage by observing how each person feels. If "buts" reappear, they are collected as part of the "Shadow" of the cycle, and it continues forward. When working with a group, it is not necessary that new members or groups appear but perhaps new orientations and therefore new possible alliances.

Tip: It is not necessary to answer all the questions. Ask the groups to answer all the ones they can. All answers are correct.

Step 5: Joy

Experience joy through cohesion and the ability to act. What if this action can be carried out? Who would be the group of people with whom you feel at ease? What affinities would make you happy? What principles and values would that group have? (look for an answer/ reflection of all the components of each small group)

Tip: Not everybody will feel joy. All feelings are welcome.

Step 6: New life paths.

The participants explore different life paths more at the service of life. They generate hope and curiosity. Draw the map of the route, the stages; the alliances, and the resources necessary to carry out the proposed action. The fears, "buts" as shadows that appear and the necessary hurdles to take.

Tip: Encourage including drawings, colors, etc.

SHARING & CELEBRATION

Sharing maps, celebrating possibilities...Tape the maps to the wall and let the participants explore each others' maps.

Closing round: how it was for you?

This method comes from the work of Frances Moore Lappé, adapted for group work by Mauge Cañada of the Clips team.

