

## FACE YOUR FEELINGS

# Work through every obstacle

**Materials:** Worksheets, obstacles templates, pencils, timer

**Directions:** Read the worksheet, complete the activity and discuss with the Group.

In the video, "Together Again! Helping military families reconnect," Camp Counselor Kirk Baker says when your special person returns home, there are obstacles to overcome.

What are some of the obstacles he describes?

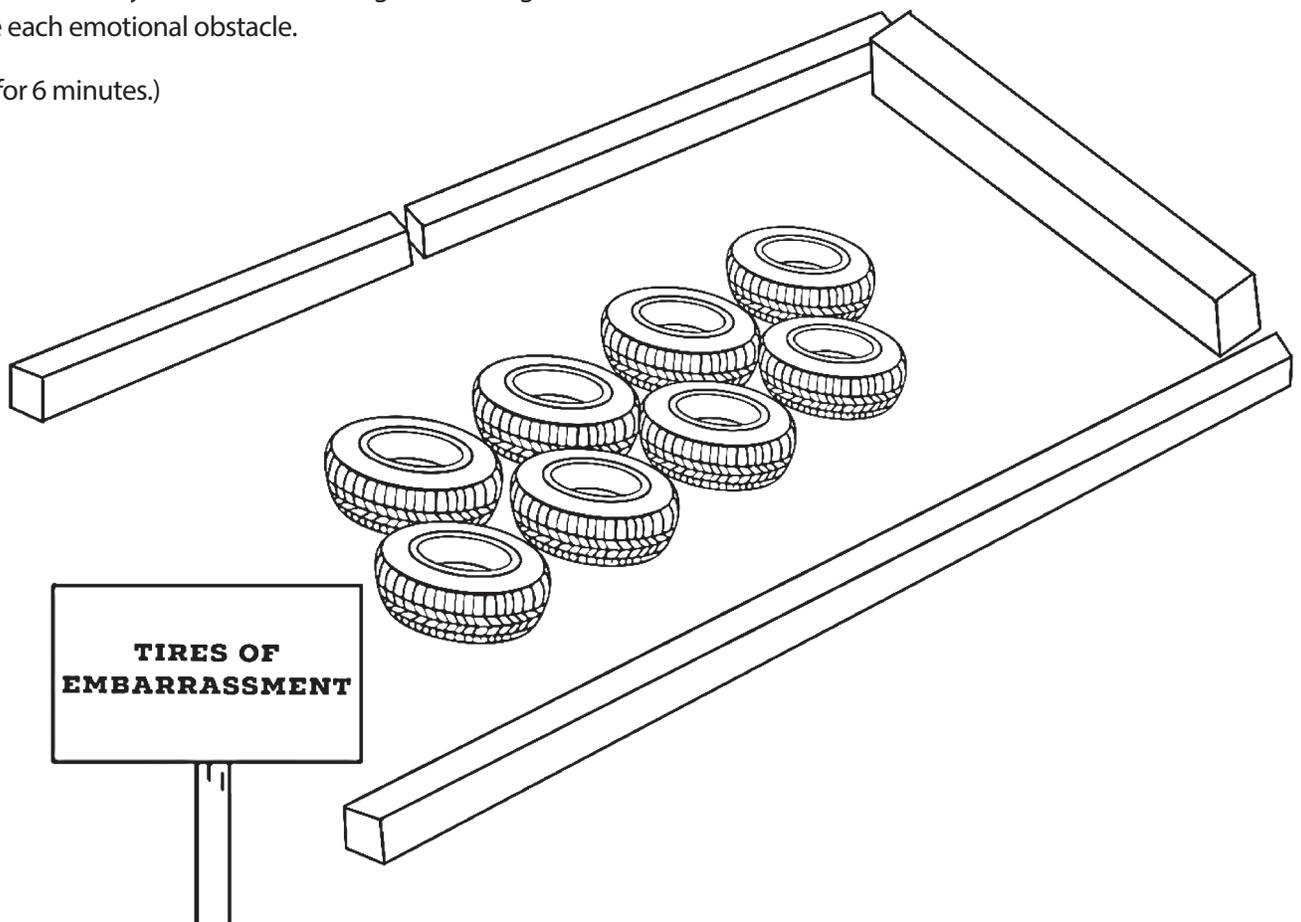
Camp Counselor Kirk Baker talks about the wall of fear, the net of guilt, the mud pit of anxiety and the tires of embarrassment.

It's normal to feel any or all of these emotions. And it takes time and effort to overcome them.

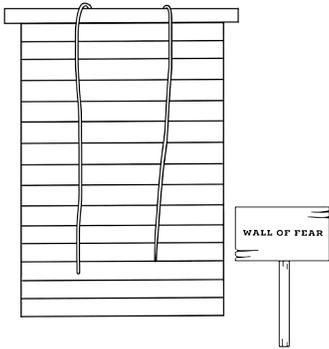
For today's activity, think about the emotional obstacles you face. On the template, check the obstacles you want to try and overcome, and write why you chose those obstacles. You'll have 6 minutes to write.

When the timer sounds, let's discuss everyone's choices. Then, we'll brainstorm ways we can work through our feelings and overcome each emotional obstacle.

(Set the timer for 6 minutes.)



**OBSTACLES I WANT TO OVERCOME AND WHY I CHOSE THEM**



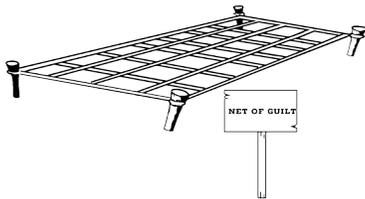
**Wall of fear**

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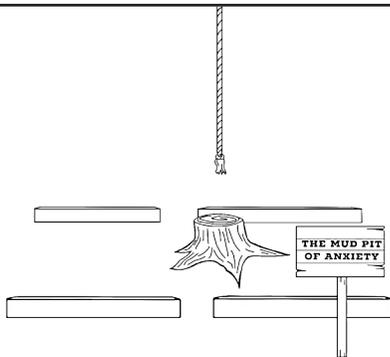
**Net of guilt**

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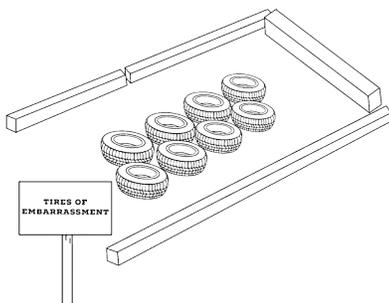
**Mud pit of anxiety**

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**Tires of embarrassment**

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