**Commonalities**

Activity 4

Preparation:

None

Process:

Form groups of 3

Each group of three identifies 3 things they have in common and shares with the large group.

Each group of 3 joins with another group to make a group of 6. Each group of 6 identified 3 things they have in common that weren’t previously mentioned. Each group shares out with the larger group.

Each group of 6 joins with another group to make a group of 12. Each group of 12 identifies 3 things they have in common that weren’t previously mentioned. Each group shares out with the larger group.

And so on until there is one large group. One large group identifies 3 things they have in common

**Common Triggers of Anxiety**

\_\_\_\_\_ 1. Performances of any sort: public speaking, athletic competitions, musical performances, etc.

\_\_\_\_\_ 2. Parties

\_\_\_\_\_ 3. Meeting new people

\_\_\_\_\_ 4. Making Small Talk, especially in situations where you don’t know everyone

\_\_\_\_\_ 5. Talking to those in authority – bosses, police officers, lawyers, teachers, etc.

\_\_\_\_\_ 6. Dating

\_\_\_\_\_ 7. Communicating in Writing, especially to those you perceive to have authority or are more educated than yourself

\_\_\_\_\_ 8. Stating your opinion

\_\_\_\_\_ 9. Reading aloud in front of people

\_\_\_\_\_10. Eating in front of other people

\_\_\_\_\_ 11. Using public restrooms

\_\_\_\_\_ 12. Traveling

\_\_\_\_\_ 13. Eating alone in public

\_\_\_\_\_ 14. Physical contact

\_\_\_\_\_ 15. Joining a group that has already formed

\_\_\_\_\_ 16. Remembering people’s names

\_\_\_\_\_ 17. Speaking on the phone with requests, complaints, confrontation, etc.

\_\_\_\_\_ 18. People watching you while you are doing something

\_\_\_\_\_ 19. Speaking up in a meeting

Additional Items:

