**Word Association Activity**

After the speaker reads the following statements, fill in the blank with the first word or sentence that comes to mind.

Try not to pause or think about your answer too long, usually the first idea you think of is the most authentic. Answer according to how the statement or word applies to you, not according to the speaker.

*Example*:

* + When the speaker says “My name is...”
  + The guest should reply with their own name, not the name of the speaker who asked the question.

Let’s start off simple to get our brain muscles warmed up!

* 1. My name is...
  2. I love...
  3. In this current moment, I’m feeling...
  4. Recovery means to me...
  5. Vulnerability is...
  6. The power of...
  7. There’s potential in...
  8. The world needs more...
  9. Self...
  10. Community...
  11. If I were not afraid I would...

What else can you add to this list? Share you experience and insights with us on our Social Media channels listed below!