T-Group Training Video

1. List and describe the Four Acts, and the Error and Skill of each one.

1.

Error:

Skill:

2.

Error:

Skill:

3.

Error:

Skill:

4.

Error:

Skill:

2. List and describe the three main parts of the T-Group Guidelines.

1.

2.

3.

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3. Describe the most common difficulty of each Guideline.

1. "When ＿＿＿＿"?

2. "I feel ＿＿＿＿"?

3. "Because I ＿＿＿＿?"

Optional 2. "What would help me is ＿＿＿＿＿"?

4. Describe the process for distinguishing stories from feelings.

5. Describe the two sources of feelings that we are observing in T-Group.

3. List and describe the three optional parts of the T-Group Guidelines.

1.

2.

3.

4. Reflect on what it's like for you to share your true wants and to make specific, concrete requests of others. How does that go for you?

7. What is the simplified form of the T-Group Guidelines that you can use any time?