

# CAT 3

## Values

The aim of this unit is to reflect on the values affected by the crisis. Which values are threatened, and which are important to me?

### Procedure:

- Connection round: How do you feel now? Are there some thoughts left from the biographical work?
- Are there are some questions open regarding the values? Brief exchange about the values that are most at risk for you. (10 min.)
- Now everyone recites their poem, haiku, rap, etc. Always leave some time to feel resonances and don't respond instantly. Share, how these poems have touched you: What caused something to resonate with you? What are the topics that are similar to yours? What longing was awakened?
- Remind the group of your next meeting and present the next individual task before you enter the closing round and say goodbye.

### **Individual preparation for the next session:**

Before the next meeting, please read the worksheet on visions, goals and ideals and listen to the audio on visions and goals. Then we invite you to write a letter from the future to your friend, child or somebody else to whom you want to share your vision. The letter should be referring to the currently endangered or violated values that you described in the poem. Describe to him/her from a future point in time what has changed since the crisis was overcome.