**What’s Really Bothering Me?**

*A Facilitator Guide by Points of You®*

**Workshop Objectives**

* Shine a light on a troubling issue and observe it from a fresh perspective.
* Discover the unmet need hidden behind the “problem.”
* Represent the issue in a tangible, creative way.
* Experience deep reflection and group mirroring.
* Explore practical steps to respond to the identified need.
* Gain confidence in working with the **ClicKit** set and expand its potential uses.

**Duration & Structure**

**Total: 3.5 hours**

1. **Opening & Pause** – 20 min
2. **Expansion (Defining and Representing the Problem)** – 85 min
3. **Break** – 30 min
4. **Focus (Identifying the Need)** – 20 min
5. **Action (Exploring Practical Responses)** – 20 min
6. **Closing & Integration** – 30 min

**Materials Needed**

* Candle tray in the center; each participant lights one candle with intention.
* One **ClicKit set** per participant (cards, stickers, creative materials).
* Additional creative supplies (markers, glue, colored paper).
* Notebooks and pens.
* Music + speakers.
* Comfortable seating arrangement (circle + space for group/triad work).

**Facilitator Guidelines**

* **Set the Tone**: This workshop touches on personal concerns. Ensure a safe, supportive atmosphere.
* **Balance Depth with Lightness**: Use humor and grounding when needed.
* **Model Openness**: Demonstrate vulnerability and curiosity.
* **Guide Reflection, Don’t Fix**: Allow participants to discover insights without rushing into solutions.
* **Encourage Mirroring**: Teach participants to reflect what they see, not interpret or analyze.

**Detailed Flow**

**1. Opening & Pause (20 min)**

* **Facilitator Script**:

“Welcome back. Today we’ll work with ClicKit to explore something that’s troubling us, to see it in a new light, and to uncover the need beneath it. As we do, let’s remember: even when we touch difficulties, there is always light we can bring.”

* **Pause Ritual (5 min)**: Play a short music piece. Invite participants to reflect on *“What do I want to shine light on today?”*. Each lights a candle and shares one word aloud.
* **Individual Writing (2 min)**: In their notebook, each writes: *“What issue am I defining right now as a problem? Where does it show up? Why does it bother me?”*

**2. Expansion – Defining & Representing the Problem (85 min)**

**Step 1 – Defining the Problem (20 min)**

* Participants choose one **photo card** from their ClicKit set that represents their troubling issue.
* **Pair Sharing (5 min each)**: Share with a partner what is troubling you, using the chosen card.
* **Mirroring (2 min)**: Partner writes on a sticky note: *“What I hear is troubling you is…”*.

**Step 2 – Creating a Representation (30 min)**

* Using ClicKit canvas, cards, stickers, and creative materials, participants create a **visual representation of their problem**.
* Encourage them to explore: What elements make up this issue? How much space does it take? What emotions/colors/images show up?

**Step 3 – External Mirroring (35 min)**

* Work in triads. Each participant presents their creation **without explaining the problem**.
* The other two offer reflections: *“I see…”*, *“This reminds me of…”*, *“What speaks to me is…”*.
* After receiving reflections, each writes: *“What did I learn from others’ mirrors?”*

**3. Break (30 min)**

**4. Focus – Identifying the Unmet Need (20 min)**

* Return to the created representation and reflections.
* Journaling prompts:
  + *Has the problem shifted in meaning?*
  + *What if this “problem” is simply an unmet need?*
  + *What is the need that seeks expression or fulfillment?*
* Short circle sharing: each names the need they discovered.

**5. Action – Exploring Practical Responses (20 min)**

* **Individual Reflection (5 min)**:
  + How would I like to meet this need?
  + What depends only on me?
  + How can I communicate this need to others?
* **Pair Exchange (5 min each)**: Share the identified need and brainstorm possible responses or communication strategies.

**6. Closing & Integration (30 min)**

* **Group Discussion**:
  + What happened for me in this process?
  + What insights am I taking away?
  + How does working with ClicKit support me?
* **Facilitator Input**: Offer examples of other ClicKit applications:
  + Vision board creation (for a new year, new role, or transition).
  + “My Story” processes.
  + Dream mapping (identifying obstacles, resources, and refined goals).
* **Final Round**: Each shares one word or sentence capturing what they are leaving with.

**Participant Guidelines**

* Trust your first choices – let the cards and materials guide you.
* Stay curious about your “problem” – don’t rush to solve it.
* Listen deeply when others share; reflect only what you see, not advice.
* Look for the **need beneath the problem** – that’s where growth begins.