

My Greatest Fear

Number of People	Approximate Time	Items Required
Unlimited number	1-2 minute per person	Flip Chart Magic marker

This exercise allows individuals to express their fears and helps them to learn how to resolve those fears.

1. Have each person state his or her greatest fear in participating on the team
2. Write each fear down on a flip chart for all participants to see.
3. At the end of the session, return to the list and have each participant explain whether or not his or her fear was realized.
4. Discuss what methods might be used to deal with fear or how fear limits effective team participation.