

## **Confession**

One person at a time.

1. Look in the mirror. Hold eye contact with yourself. Let yourself be uncomfortable. Take your time.
2. Close your eyes. Examine your consciousness. What are you feeling in this moment? What is weighing on your mind? Be honest with yourself. Take your time.
3. Take a piece of paper and write down your thoughts. Do not include any identifying information. Fold the paper in half. Take your time.
4. When you feel ready, take this note to *Phone Booth* and follow further instructions from there. Take your time.
  - a. DO NOT show or speak of this to anyone.

Thank you for participating.

## **Phone Booth**

Preface: If you have not gone to *Confession*, you must do so before entering. Close the door quietly behind you.

One person at a time.

1. Take your piece of paper and unfold it.
2. Pick up the phone and read (aloud) your writing.
3. Wait in silence for a response.
4. Put the phone down and deposit your paper in the box.

5. Leave quietly and shut the door behind you.
  - a. DO NOT speak of this to anyone.

Thank you for participating.