**DISCUSSION SUGGESTIONS**

- What were you thinking and feeling when you read your Action Card and realised what you had to do in front of others?
- Would you still feel that way if you had to do the activity again? Why/why not?
- What did you think of others who were performing in your group?
- What are the general differences between the way people thought about themselves and thought about others?
- What are some negative implications of taking yourself too seriously?
- How do you strike a balance between behaving with dignity and taking yourself too seriously? What thinking tools can help you ‘lighten up’?