

INTIMATE SHARING

TRIANGLE

Divide into groups of three. Give each group a sheet of paper and a marker. Ask them to draw a triangle. Instruct them: "At the tip of each vertex, write the first name of one of the group members. Above the first name, write something that is true only for that person. On the sides, write something that is common to both the two people connected by the side, but not shared by the third person. In the middle, write something that is common to all three people." Once the activity is complete, participants can either present the entire triangle or one or two things that surprised them. Suggest a focus on intimacy, relationships or sexuality.

SIMILARITIES AND DIFFERENCES IN THE INTIMATE

Place yourself in a circle, and invite one of the participants to come to the middle and say something they like about sexuality, intimacy or relationships. For example, "I don't like to be touched when someone doesn't know me" or "I like seduction games in intimate relationships. All those for whom this information is true, join this person in the centre. Then, the people return to their place and it is up to a new person to go to the centre.