

Groups and belonging

Mapping groups

1. Put a representation of yourself on the sheet.
2. Place all the different groups you have belonged to in your life on the sheet.
3. Include groups you don't enjoy or in which you do not feel totally accepted.
4. Include different types of groups – e.g. informal (family, friends) and formal (Local Meeting, School)
5. Try to include both Quaker and non-Quaker groups – remember Quaker groups can include your Local Meeting, Link Group etc.
6. Don't forget to include online communities, for example FriendLink.
7. Think about the sub-groups that are parts of groups for example Summer School includes a number of sub groups; friendship groups, base groups, arrangements committee etc.
8. Whilst you are doing this choose two groups that you have been involved in – one which you felt included in, and one you felt a "bit out of".