

TRANSFORMATIVE FEELINGS WORKSHEET

1. Recall a most extraordinary group experience. List feelings (short phrases) you experienced during that group's best moments:

2. A similar question was answered by 60+ people in extraordinary groups; their responses totaled over 400 exclamations. Sorting through their feelings revealed four patterns, four feelings, associated with an extraordinary group experience. People commonly feel...

ENERGIZED!

CONNECTED!

HOPEFUL!

CHANGED!

3. How do these four feelings fit with your notes in #1 above?
Circle those feelings that are similar.

4. These feelings result from needs being met. When our group needs are met—Individually or together—we feel good about it. And, more specifically, we feel ...

- Energized by what we have just done, what has happened for us
- Connected to our work, ourselves, the world, and others around us
- Hopeful about outcomes from our work together, our lives, and the world around us
- Positively changed in the way we see the world and our options for action

5. Compare your answers to others:

- What were their feelings listed in #1?
- How do the four feelings in #2 fit for others?
- Discuss the ideas expressed in #4.

6. How might these four feelings link to the six Group Needs? How might you feel as a result of these needs being met:

- *Acceptance*: Knowing and accepting myself for who I am
- *Potential*: Sending and growing into my fuller and better self
- *Bond*: Our shared sense of identity and belonging
- *Purpose*: The reason why we come together
- *Reality*: Understanding and accepting the world as it is and how it affects us
- *Impact*: Our intention to make a difference and our readiness to act

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Based on Bellman and Ryan's *Extraordinary Groups; How Ordinary Teams Achieve Amazing Results* (Jossey-Bass, 2009)