

Getting to Know Ourselves Better - **OBJECTS WITH MEANING**

WHAT ARE SOME OBJECTS THAT CARRY/CARRIED MEANING FOR US?

Fundamentally, objects that carry meaning for us help us understand ourselves

- Please write about 15 different objects (please use additional sheets as needed)
- At this time, please write about a paragraph per object.
- Then, write next to it, in the space provided, the **VALUES AND IDENTITIES** that seemed to come through this object.

Example: My purple towel with my name on it. It was gifted to me at a birthday party. But it was the only item in my home with my name on it. Living in a house with about 10-15 people, it belonged to me, while nothing else seemed to be mine. Everything seemed to belong to everyone, but now I could say, 'This is my towel'.

Possible Values and Identities:

- sense of belonging
- trying to identify oneself
- accommodating
- having to share
- new awareness
- discovering who I am
- creating myself

Objects with Meaning

Possible Values and Identities

1. _____

Objects with Meaning

Possible Values and Identities

2. _____

3. _____

Possible Values and Identities

