

HSP Men's Group and PODs

Resources for Facilitators

(If you add content it may be useful to also add your initials for possible further questions or clarification.)



Ideas & Best Practices for Facilitating

See document provided by William Allen.

A selection of possible titles or topics for sessions

Discuss the DOES model, one letter at a time or as a whole. (ah)

Discuss the STYLE model, one letter at a time or as a whole (ah)

High Sensitivity and High Sensation Seeking (ah)

High Sensitive and Extroversion / Introversion (ah)

The differences in experiencing High Sensitivity in different generations. (ah)

Friendship & loneliness (ah)

Our purpose / mission in life (ah)

What is the best environment for being a highly sensitive man? What is the worst? Where do you feel safe? (ah)

What gives you energy? What takes it away? (ah)

Focussing & reframing experiences (ah)

Being highly sensitive at the workplace. (ah)

Friendship: how do you experience it, what do you expect / need / get from it, what do you value most in friends? Do you have enough friends or not? What is your ideal friend? How essential is friendship - in particular related to love relationships? How do you find and make friends? Do you have any good advice for making more friends? And for maintaining friendships over time? (ah)

What are some things that are often said about high sensitivity that you cannot underwrite or consider myths or which should be much more nuanced? (ah)

Fathers: How is / was your father, how should he have been? How do you see the father's role? (ah)

What makes you happy in life? Do you actually know what does? (ah)

Introductory Ice-breaker questions for the PODs

How do you feel today? What is on your mind? (ah)

When and how did you find out about the topic of high sensitivity and how come you related to it? What has that realisation changed for you? (ah)

How do you experience your high sensitivity - in everyday life and/or in the big questions? (ah)

Do you have (enough) people in your life you can openly talk to about your sensitivity? (ah)

What coping mechanisms have you developed to handle your trait? (ah)

What part does your body and physical activities play in managing or coping with your sensitivity? (ah)

What are your Do's and Don't's to better live with your trait? (ah)

Do you have specific food habits that you think specifically relates to your trait? (ah)

What do you think is specific to men's experience of high sensitivity? (ah)

Are highly sensitive men (HSM) "real men"? Some men's groups convey an image as "warriors", "hunters", "brothers-in-arms" etc. Are HSM really only the sensitive caretakers and all? Or may we be both, perhaps still fascinated by the action heroes? (ah)

More...