

# *BREAKING THE CYCLE OF VIOLENCE*



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MINISTRY FOR JUSTICE,  
EQUALITY AND GOVERNANCE

## FIFTH SESSION - LIFELINE AND TRUST

- 5.00 - 5.05 Ice breaker
- 5.05 - 6.00 Lifeline
- 6.00 - 6.30 Break
- 6.30 - 7.15 Trust fall exercise
- 7.15 - 7.30 Closure

# ACTIVITY LIFE LINE

- Lifeline exercise
- To work individually
- To Reflect on your ‘Personal’ lifeline
- Processing

## Rationale

- Self reflection and awareness on own personal journey of life
- To identify positive achievements

# ACTIVITY - TRUST/MISTRUST

- Brainstorming on trust
- Trust fall exercise?
  - who are the people we trust ?
  - who are the people we do not trust?

Rationale:

- To create more awareness and understanding trust/mistrust
- To understand boundaries - relationships

# TERMINATION OF SESSION

- Round robin
- Closure and positive reinforcement.