

## THE LIFELINE EXERCISE

This is a great exercise that can help you build closeness and trust in your Accountability Group. The assignment will be to complete a line graph by outlining all your life's major events, both positive and negative, by placing a dot on the graph. Connect all the dots, so that your group can clearly see your life's path. Share and explain "Your Lifeline" with all members of your group prior to the meeting.

### YOUR LIFELINE

