

GRABBS

A method to help the facilitator determine what activity to use and when to move on

- Goals** How does the activity relate to the group and individual goals that have been set?
- Readiness** This regards levels of instruction (skills) and safety capabilities. Is the group ready to do the activity? Will they endanger themselves and others? Do they have the ability to attempt or complete?
- Affect** What is the feeling of the group? What kinds of sensations are they having? What is the level of empathy or caring in the group?
- Behavior** How is the group acting? Are they resistive? Disruptive? Agreeable? Are they more self involved, or group involved? Are there any interactions that are affecting the group, both positive and negative? How cooperative are they?
- Body** What kind of physical shape are they in? How tired are they? Do they substance abuse? Are they on medication? How do they see their own bodies?
- Stage** Which developmental stage is the group at? Groups will go through levels of functioning. Having a schema to describe these levels will provide you with another means of assessment.

Source: Island of Healing, 1988.