

THE WORD – “HELLO”

A Circumstances Exercise

INSTRUCTIONS

Say the word “Hello” six times – each time subject to one of the circumstances below.

- Said in a seemingly abandoned house
- Said to a next-door neighbor who just lost a loved one
- Said to someone you don’t want to talk to met in passing on the street
- Said to a love you never expected to see again
- Said upon arriving in the Intensive Care Unit to someone you never expected to survive
- Said over the phone to someone far away and longed for