

NAME: Action & Acceptance

SOURCE:

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INTENTION: This exercise is helpful in bringing examples of fusion and experiential avoidance in the room to be addresses

MATERIALS:

- Cards can be printed on standard weight paper (pages 1, 3, 5 front and 2, 4, 6 on the back), laminated and cut along the lines. A large paper cutter works well.
- Alternatively cards can be printed on heavier paper (card stock) and not laminated. Our experience has been that laminated cards work better, last longer, and are more easily cleaned.

USE:

- Invite each participant (moving around the group clockwise) to pick a card and complete the action described or decline to complete the action. If you complete the action, you keep the card. If you decline, the card goes to the bottom of the pile. ALL PLAY cards invite the whole group take an action.
- Allow group to play, building up their experience with a variety of challenges.

USE RESTRICTIONS:

- People are free to duplicate, use and adapt these cards for clinical or educational purposes, as long as this is done at no charge.
- People are encouraged to contact Jim Hill (jim@moritaschool.com) with suggestions for improvement, translations, and adaptations.
- Duplication for sale or distribution in print or electronic form is prohibited without a written agreement. Please contact Jim Hill (jim@moritaschool.com).

DISCUSSION: suggested ways to process the experience.

- It has been useful in starting to process the experience to present 3 columns: comfortable & willing, uncomfortable & willing, uncomfortable and unwilling.
 - Ask group to sort examples from the game into these 3 columns.
 - Explore what seemed most risky: looking silly, failure, social judgment, looking dumb...
 - Discuss what thoughts and feelings were uncomfortable or impacted willingness.
 - Explore examples of challenges that life presents and how willingness to feel uncomfortable impacts participation in what matters to people.
 - Explore what made people in the game willing to experience discomfort and how this might be applied to create more room for living life.
- Often there will be opportunity to explore de-fusion, values, committed actions, present moment attention, and self-as-context issues, as ways to create flexibility and willingness.

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

Ask someone
a question that
would help you
get to know them
in a more
meaningful way

Snap your fingers
Exactly 50 times

Whistle
"Three blind mice"
one time through

Recite a
nursery rhyme, like
"Jack and Jill"

Sing
"Row, row, row
your boat"
all the way through

Stand up &
Sit down
3 times

Do 10
Jumping Jacks

Raise your arms
above your head
5 times

Count each time
out loud

Tell a Joke

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
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ACTION
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ACTION
CARDS

ACTION
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ACTION
CARDS

ACTION
CARDS

Share one of your
“guilty pleasures”

Share something
about yourself
that not
many people
know

Share a talent,
an interest, or an
experience
that helps to make you
who you are

Share something
you would like to do
but have been
putting off

Share about
a difficult
experience
that taught you an
important lesson

Share a belief that is
important to you

Share about a time
when you felt
embarrassed

Share about
a person who has
influenced you

Share something
you care about

ACTION
CARDS

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ACTION
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ACTION
CARDS

ACTION
CARDS

Challenge someone to
rock, paper, scissors

Challenge someone to a
dance battle

Say "red leather yellow
leather"
5 times fast

Repeat:

*If a dog chews shoes,
whose shoes does he
choose?*

3 times fast

Read aloud quickly:

*A skunk sat
on a stump
and thunk
the stump stunk,
but the stump thunk the
skunk stunk*

Read Aloud:

*My neighbor came over
to say,
although not in a
neighborly way,
That he'd knock
me around,
If I didn't stop
the sound,
of the classical
music I play.*

Read:

*There was an
enchanted
young bride,
Who ate many
green apples
and died.
The apples fermented,
inside the lamented,
and made cider inside
her inside.*

Challenge someone
to a "thumb war"

Repeat:

Eleven benevolent
elephants

3 times fast

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

Count backwards
from 25-0 by 3's

Name 3 things
you are grateful for

Name 3
famous buildings

Name 3
famous bridges

Give someone a
compliment

ALL PLAY

Maintain direct
eye contact with
someone in group
for 30 seconds

ALL PLAY

Line up according to shoe
size without speaking

ALL PLAY

Line up from
oldest to youngest
without speaking

ALL PLAY

Line up from
tallest to shortest
without speaking

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ACTION
CARDS

ALL PLAY

Tell group 2 truths
and a lie
about yourself

If other players
guess the lie
they get a point

if they don't
you get a point

Complete
the sentence:

In this group
the thing
I fear most is...

Complete
the sentence:

During this group
the worst thing that
could happen is...

The worst thing
for me to feel is:

- Stupid
- Out of control
- Embarrassed
- Blamed
- Rejected

ALL PLAY

Pick an animal

When I say go
line up from
strongest to weakest
without talking

Just make the
animal sound

ALL PLAY

Lead group in a 1
minute game of
"Simon Says"

Anyone left
at the end
of a minute
gets a point

You get a point for
everyone who is out

ALL PLAY

Play 1 minute
charades using
the title of a
movie you loved

If someone guesses,
you get a point
and the person
who guessed
gets a point

ALL PLAY

Play 1 minute
charades using
the title of a
book you loved

If someone guesses,
you get a point
and the person
who guessed
gets a point

ALL PLAY

Play 1 minute
charades using
the name of your
favorite animal

If someone guesses,
you get a point
and the person
who guessed
gets a point