

NAME: Kintsugi

SOURCE:

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INTENTION: These cards can be used to process this YouTube video about [kintsugi](#). Though not necessary, I have found using the cards makes the discussion more playful and less threatening for many clients.

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:

- Watch the YouTube video about [kintsugi](#).
- Invite each participant (moving around the group clockwise) to pick a card and respond to the question on the card.
- Allow the process to develop organically, encouraging the group to use the questions flexibly. Perhaps there will be cards that the whole group responds to, or side conversations that the group explores. The cards just give the group a place to go back to or to keep things moving.

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).

FACILITATION: suggested ways a leader might guide the experience.

- Allow the process to develop organically, encouraging the group to use the questions flexibly. Perhaps there will be cards that the whole group responds to, or side conversations that the group explores. The cards just give the group a place to go back to, or a way to keep the conversation moving.
- As a leader you might model this behavior by expressing interest in what other group members think of a particular question, expressing curiosity about how each person in the group might respond to a given question, or by asking a question that occurs to you but is not represented by the cards.
- Have fun.

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<p>What is your cloth?</p> <p>What surrounds you, supports you, contains and protects you?</p>	<p>What is your hammer?</p> <p>What experiences have broken you open?</p>	<p>Have you been able to embrace the experiences that have broken you open as an opportunity to reform your life?</p> <p>What has influenced your willingness to embrace these moments in life?</p>
<p>What thoughts or feelings make it difficult to sit with your broken parts, without rushing to fix, deny, or cover up?</p> <p>How might the urge to avoid our contact with what is broken in life limit our ability to be more constructive?</p>	<p>What might be useful about valuing, honoring, and embracing what is broken in life?</p>	<p>“Connection is the name of the game (goal) not perfection.”</p> <p>If you would embrace this idea in your life how might it change things?</p>
<p>What is your glue?</p> <p>What are bonds that hold things together in your life?</p>	<p>How could you strengthen the bonds in your life?</p>	<p>What thoughts or feelings influence you to act in ways that weaken bonds in your life?</p>

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<p>What are your sharp edges?</p> <p>Where in your life might it be useful to soften and make smooth?</p> <p>What could help you with this?</p>	<p>What feels broken that you have tried to hide?</p> <p>How might you use this to connect with others?</p>	<p>What is the result when you are unwilling to accept and share the broken parts of your life?</p>
<p>Is there anything in your life experience that felt shocking or unacceptable when it first happened but you are at peace with now?</p>	<p>Softening the edges to make them fit takes time and effort.</p> <p>How willing are you to allow yourself the time to do this work?</p>	<p>Is recovery removing all evidence of a flaw, or...embracing what is as a meaningful part of your life?</p>
<p>Kintsugi is about valuing, expressing, and emphasizing imperfection as a meaningful part of life.</p> <p>What do you think about this idea?</p>	<p>Kintsugi is about valuing, expressing, and emphasizing imperfection as a meaningful part of life.</p> <p>How is this different from our cultural ideas about what is good or desirable about life?</p>	<p>Kintsugi is about valuing, expressing, and emphasizing imperfection as a meaningful part of life.</p> <p>What would it look like if you applied this idea to the way you lived your life?</p>