

NAME: The Self Game

SOURCE:

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INTENTION: This is one in a series of card based games designed for use by leaders with a broad range of experience using an ACT approach. The hope is that people with an introductory knowledge of ACT can use them with minimal demand for processing and by doing so be exposed to questions that can lead clients to the 6 processes of the ACT Hexaflex.

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:

- These cards can be used in many ways. Groups can simply take turns drawing cards and responding to the prompts on back. Therapists might use a couple cards as a warm-up to a session. More experienced group leaders may choose to use cards to as a warm-up exercise, or as a spring-board to more in-depth processing.
- Clients may need some help interpreting and responding to more complex or multi-part questions. Leaders are advised to read through the cards and select or design cards that are appropriate for the group they are working with.
- It has been our experience that these cards often result in groups opening up and becoming more flexible and spontaneously interactive.

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).

SELF

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Who is bigger?
You or your feelings?

Who is bigger?
You or your thoughts?

Who is in charge
of how you live
your life?
You or your feelings?

Who is in charge
of how you live
your life?
You or your thoughts?

If you placed
an unkind thought
in a basket,
would it make
the basket unkind?

If an unkind thought
arises in your mind,
does that make
you unkind?

What could you learn
from the basket?

If you could meet a
younger version of yourself,
before you were dealing
with the issues you are
struggling with now:

What were your
hopes for your life?

What might
that younger you
want for you now?

It's your 100th birthday!
You are thinking back to this
moment in your life.

What would be one thing
that you would be
happy you did?

Do you have thoughts

or

do they have you?

Do you contain your feelings

or

do they contain you?

SELF

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If you could experience yourself in this moment, through the eyes of a loving friend,

how might you see yourself differently?

What word best describes you

- At this moment?
- At age 3
- At age 8
- At age 13
- At age 29
- At age 56
- At age 88

If these words are birds and you are the nest, which bird is you?

Which animal would be most representative of you:

- At this moment?
- When you feel most alive?
- When you are afraid?
- When you are in love?
- When you feel hurt?
- When you are being kind?

If you are home to all of these animals, which one is you?

What object or image would best symbolize your thoughts:

- At this moment?
- When you feel most alive?
- When you are afraid?
- When you are in love?
- When you feel hurt?
- When you are being kind?

If all of these symbols live inside of you, are you the symbols or the museum?

If you could choose to see yourself through the eyes of anyone, whose perspective would you most like to take?

What do you imagine that might be like?

If you could choose the best time in your life, what time would that be?

If that version of yourself was here now, what words of advice or support might it offer you?

See if you can notice something in the room.

Try to just take it in without adding any judgment about what it means or if you like it.

See if you can get in touch with this experience of just noticing.

What are **3 words** you would use to describe what it is like to be in this experience of noticing?

If you put a hopeless thought inside of a coffee cup, does it change the coffee cup?

What could you learn from a coffee cup?

If you put the thought "you are not good enough" inside of a box, does it change what the box can do?

What could you learn from a box?

SELF

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What experiences seemed like a big deal when you were younger, that no longer concerns you that much?

10 years from now, do you think the same things that worry you now will still worry you?

What were you worried about 10 years ago?

Choose a role model:

- Christ
- Gandhi
- President Lincoln
- A Teacher
- A person you trust and respect

What advice might they give you if they were here now?

If you followed the advice of your most challenging thoughts and feelings what would that look like?

Is there any up-side to following this advice?

Is there any down-side?

What story does your mind have about "how you are" that holds you back from living a more adventurous life?

What story does your mind have about other people that holds you back from doing things you might otherwise like to do?

What story does your mind have about your life circumstances that holds you back from living a bigger life?

What story does your mind have that holds you back from taking risks?

What story does your mind have about what you can or cannot handle that limits what you try?