



Cards to Help Humanity

Skills:

- Complex Reflections
- Testing limits and thinking outside the box

Materials:

- Index Cards

Instructions

1) WRITE: Each participant is invited to write down one change goal and a corresponding statement a client might say about that goal on their index card. Facilitators can encourage participants to think of a more challenging issue or change goal. The facilitator should mention that we will be sharing this statement with the table community in order to get feedback and brainstorm responses.

2) RULES:

- This game will be played at your table with your tablemates. Each person will have a chance to be the dealer. The dealer will draw a statement from the collection of statements, then read the statement out loud for the table twice.
- The players will then work in silence to develop a reflection response to that statement that they think this person would select (just like apples to apples). Each player will write one statement on their card and put it in a pile face down for the dealer to review.
- Once all cards are turned, the dealer will read each one aloud. Finally the dealer will select the winning card. The winner will get a poker chip. We will be playing 5 rounds, whoever gets the most chips wins the game.

2) PLAY: Participants play the game at their table communities for 5 minutes as the facilitator walks around to help with any confusion about directions. After 5 minutes, the facilitator can check in to see how much more time participants need to complete the activity.

3) PRESENT: Each table is invited to share some of their favorite reflections with the full group.

Motivation	Open Ended Question
Ambivalence	Reflection
Intrinsic	Double Sided Reflection
Extrinsic Motivation	Amplified Reflection
Change Talk	Complex Reflection
Sustain Talk	Values
Self Efficacy	Apologizing
Righting Reflex	Compassion
Discord	Evocation
Change Goal	Elicit
Acceptance	Partnership (Collaboration)
Autonomy	Equipoise
Affirmation	Guiding