

**You have inherited an enormous sum of money, what do you do? How would you spend your time? Can you do any of these things without the money?**

**Think of someone who you have animosity or resentment towards and talk about the feelings they evoke in you. Then talk about how it would feel to release this resentment.**

**What have you've been putting off, lacked motivation, been afraid to start? What would feel like to start this task and complete it?**

**In the book of your life, who would you thank? Give 3 names and the reasons why these special people deserve a spot in your book and why you are grateful to have them in your life.**

**Identify & process what you have accomplished since you began therapy. What are you proud of the most?**

**Describe a time when you sabotaged a good situation for yourself. Explore why you might’ve done that.**



**What are 3 things that you are most afraid of?**

**What 3 words do you need to hear right now?**

**What is the kindest thing you can do for yourself when you’re in emotional or physical pain?**

**The greatest challenge in my life right now is…**

**If I didn’t have (a particular challenge or experience) I would have never learned...**

**When you’re having a terrible day what three things can make you feel better?**



**If you had to pick one bad memory or experience but you could re-write the outcome what would it be?**

**What is your biggest regret? How can you make amends? How can you forgive yourself?**

**Describe a time when you sabotaged a good situation for yourself. Explore why you might’ve done that.**

**Talk about a difficult time in your life that you overcame and how you overcame it.**

**Who or what drains your energy? How do you recharge?**

**List 3 qualities you think others admire most about you?**



**What did you enjoy doing this week?**

**Who made you feel good this week? What did they do or say?**

**What did you enjoy about today? Please talk about an experience or give examples that made you happy during the day?**

**What do you want to feel tomorrow? What will you do to make that happen?**

**What was challenging for you this week and what did you learn about yourself from that experience?**

**What went well today? Name five things.**



**What do you want to feel tomorrow? What do you desire for yourself tomorrow?**

**What did you do this week that moved you closer to reaching your goals?**

**Is there anything you did this week that you wish you’d done differently?**

**What was the biggest mistake you made this week? What did you learn about yourself from this mistake?**

**What are you grateful for? Can you think of 3 people or things that you have gratitude for today?**

**How did you surprise yourself this week? Did you do something the old you would have never been able to do?**



**What makes you unique (positive comments only, please)?**

**Make a list of things you want to do before next year.**

**What would you do with your time if money were no object?**

**Who are your role models and why? How are you on your path to be more like them?**

**What would you do if you knew you could not fail?**

**How do you want to be remembered and what do you need to do in order to be remembered this way?**



**List 5 rules you have broken?**

**Ask me 1 question that you have always wanted to ask.**

**What is one thing you wish people knew about you?**

**What went well today? Can you think of five things?**

**What was challenging for you today and what did you learn about yourself from that experience?**

**What is something you usually don’t tell people?**



**What is something that seemed like a great idea at the time but really wasn’t?**

**Everyone needs…**

**I’ve been thinking about…**

**Favorite song lyric?**

**Today I feel…**

**Name 1 Person You Don’t Like or don’t get along with & 1 positive thing about them.**



**How would your friends describe you? How would your enemies?**

**What is something you wish your parents did differently?**

**What was the last time you felt hurt? What happened?**

**What was the most important thing you heard today?**

**If you could travel to the past where would you go & why?**

**If you could travel to the future where would you go & why?**



**When was the last time you were kind to someone else?**

**I’m afraid people won’t like/love/accept/want me if they knew \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about me.**

**When was the last time you felt at peace?**

**What makes you beautiful?**

**Describe your father.**

**Where do you feel safe and loved?**



**What is one thing you wish you didn’t have to do? Why?**

**What is the saddest you ever felt? What made you feel that way?**

**What are you afraid people will see when they look at you?**

**Describe your mother.**

**If you wouldn’t get caught or in trouble what is the worst thing you would do?**

**What is the happiest you ever felt? What made you feel that way?**



**What is one thing you know you really need to change? Do you really want to change it?**

**Name one person you need to forgive.**

**I am proud of myself for…**

**Name one person that’s had the greatest impact on your life.**

**What are you looking forward to? Why?**

**Who can you trust? Why?**

**Materials Needed:**

Colored Cardstock Paper

Scissors

Glue (hot, stick, gorilla) or double side tape

3 minute sand timer

**Directions:**

• Print out each page on colored card stock

• Cut out each die as indicated.

• Fold along the lines and assemble using either glue or double-sided tape.

**How to Play**

You can play in group (2-4) or in individual therapy

If playing in a group every player is given paper and pencil to write answers they want to give to questions that are not theirs or prompts to remind themselves of what that they want to explore further with therapist.

• The client rolls the cube and responds to the question they roll.

• If client doesn’t want to answer the question the can roll again. They can roll twice. The 2nd time move to the next person. They can try again after everyone has gone around.

• If in group only the person who rolled the dice answers the question. If another player would like to talk about the question they should write the answer down to be discussed in individual session or if there is time at the end of the group.

• Try to time game so that you have approximately 5-10 minutes for winding down discussions