



Group Share Battle

Intro: This is a game to get people talking about what is important in their lives and then hopefully in their personal change process and recovery. This isn't really a "battle" but group members are required to "fire" guesses at each other to see if they can "hit" the target with their guesses about one another. (Something like the old board game "Battleship" if anyone remembers is) – What is most important is that this game opens up some positive discussion about what important things that are needed to make progress in the process of positive change especially when dealing with substance use and mental health issues.

WATCH VIDEO INTRO FIRST (2 minutes) - https://youtu.be/LeM00N49_DY

Directions

Pregame - Everyone in the group should get a copy of the game grid on the next page. Take some time to look it over either individually or as a group. Group members should select the best answer from column A, B, or C and: circle one answer for each row – Take your time as this is probably the hardest part of the game but once it's over, it gets easier – It may be easier to read through it as a group, so everyone understands. (Counselor's discretion)

Start the game: Select an order to go in so that everyone can get some turns in. When it is someone's turn, they should "fire" on someone else's game board by trying to guess another group member's answer for any topic on the list. For example, someone's in group (Named Jules) turn may sound something like:

Jules says - "Nicole (other group member) I think you answered B for Insight and Self Awareness."

In this example Nicole should look at her grid and if she did circle B for that row (Insight and Self Awareness) then she would say "Hit" and place an **X** over that row on her grid. If Jules guessed wrong Nicole would say "Miss" but still don't tell anyone the correct answer

Then the turn is over and the next person in order should go and repeat this process, "firing" a guess at another person in the group attempting to make an accurate "hit."

Continue this until the group has had enough, there is no real end but try to make sure people have had a fair number of turns.

There are some additional rules to follow:

The same group member should not be "fired upon" two turns in a row. (Try to move around the room to be fair rather than picking on one person repeatedly)

Smart bombs - Everyone in the group gets **one** "Smart Bomb" which is an **automatic hit** – When using smart bomb just say tell the group you are firing a smart bomb and then pick a topic and ask another group member for their answer for that topic and the selected group member should share their answer(A, B, or C) and automatically **X** it off their grid – (*Smart bombs cannot miss they always hit the target*)

- **BRAND NEW PEOPLE** (*If it is someone's first day in group*) they get **3** smart bombs.
- **NEW PEOPLE** – *If someone is in their 3rd group or less* (first week in IOP) – They get **2** smart bombs.

Make sure to do the discussion at the end which is the most important part (therapeutically speaking)

Have fun!



CIRCLE ONE CHOICE: A, B or C - PER TOPIC



TOPIC	ANSWER A	ANSWER B	ANSWER C
Insight and Self Awareness – <i>Can you handle the truth about yourself, even when its uncomfortable?</i>	I don't want to hear anything negative or challenging right now	Tell me the truth but gently and when I am in the right frame of mind.	Give it to me raw and unfiltered, I can take it as it comes
Internal Motivation – <i>Your drive to succeed right now</i>	Doing it little by little for today	Making some positive moves at a moderate pace	Got momentum, on a roll and moving forward strong and steady
External Motivation and Support – <i>People in your life to encourage you, help you and be there for you</i>	Feeling alone and isolated in need of more connection	Some support, but could use more positive people in life	Strong support group who cares about me and I can turn to when in need
Feelings and Emotions – <i>How well are you managing these?</i>	Some good days, some not so good days emotionally.	I'm coping better and better but still working on it	Calm and stable across the table – Able to handle feelings well
Setbacks and Relapse – <i>Sustaining progress without big mistakes or regrets</i>	I still have my ups and downs, struggles and successes.	I am at a point where I am feeling like "I can do this" (without relapse) but still a work in progress	I've got tools and skills to prevent setbacks and relapse and I know how to use them
Hope and Strength – <i>Belief and optimism that you can succeed even when it gets tough.</i>	Not enough	Got some and getting stronger	Feeling hopeful and strong most days in my life today
Goals – <i>Having a clear, well defined, attainable, and realistic plan for the future</i>	Still figuring it all out	I can see a basic vision of the future I want for myself and my loved ones	I know what I want for me and my families' future, and I've been actively working on it
Values – <i>Having priorities and dealing with the important things, while leaving nonsense behind.</i>	Working on sorting out what is most important in my life today	Got some good values but still working on getting some of the negative out the picture	Putting the most important things first in life and cutting out the things that bring me down
Mental Health – <i>Stability related to moods, anxiety, and overall psychological well-being</i>	Still struggling with mental health symptoms that impact my life.	Making some progress learning to cope with mental health issues and symptoms	Actively following an effective plan that is working to manage my mental health and overall well-being
Areas of Need – <i>Do you have the necessities required to live a good life the way you need to and want to?</i>	Still have a host of unmet needs in life I need to care for (or help with)	I am checking things off the list and getting my needs met steadily but still putting work into it	I am in a place where my needs are met (for the most part) and I am in a safe, stable situation overall
Relationships – <i>Interactions with people close to you</i>	Still involved with more negative people than I want to or still in at least one bad current situation	Got a mix of some good and some not so good people in personal life but making progress	I've cut ties with or setting boundaries with negative people and maintaining healthy relationships
Decision Making – <i>Making the right choices day to day, week to week?</i>	Need improvement. Still getting myself into some situations I could have avoided.	Making some progress by making more good choices than negative ones (want to improve)	Able to actively practice the important art of consistently making positive life choices

GAMEPLAY: IF SOMEONE CORRECTLY GUESSES AN ANSWER PLACE AN X OVER THAT ANSWER



Discussion

After game brief review: How did you do? – Did you take a lot of hits on your grid? (*Did others seem to know you well or not*) - Did you feel like you did well at guessing other people's answers?

More in depth therapeutic discussion:

- Go through the topics in the grid and allow people in the group to share their answers. (Keep it open ended; everyone does not need to share just people who want to, but everyone is welcome too) – Remember that these topics are important factors for success in recovery.

- Discuss how each topic area is important to the positive change process?

- Finally:
 - Which areas are you doing well with today?

 - Which topic areas are you focusing on improving in your life today?

Bonus question (Optional but a way to end on a positive note) – What is one thing that you appreciate about being a part of this group?

