



The Family Match Game

Directions: This activity is made for a treatment setting which has both clients and family members present. Everyone should get a pen and piece of paper and number from 1 to 20. The counselor should go through all 20 questions one by one and everyone present should write their answers to all 20 questions.

Questions 1-10: For family about loved one: Everyone should answer all 10 of these questions. Family members should answer the question about their loved one based on their own thoughts and feelings. Clients should answer questions 1 through 10 based on how they believe their family will answer each question. The goal is to try to get a correct match between client and family after the questions are reviewed.

1. What is one thing about your loved one that you just don't understand?
2. What is one thing about your loved one that you think that you understand even better than they do about themselves?
3. Besides substance abuse related things, what is one thing about your loved one that you wish he/she could change?
4. What is one thing that your loved one has changed for the better?
5. One thing that you have said to your loved one hundreds of times that you wish they would just listen too is:
6. One thing that you can tell that your loved one has listened to you and trusted you about is:
7. What's one thing that your loved one did as a result of drugs/alcohol that you regret the most?
8. What is one thing that your loved one has done in the past year that you are most proud of?
9. What was the time when you were most afraid about your loved one's substance use?
10. What was one time when you felt most hopeful about your loved one?

Questions 11-20: For client about family member: For questions 11-20 do the opposite that you did for 1-10. The clients present should answer each question based on their thoughts and feeling about their family. Family members present should try to write down their best guess as to how their loved one (client) will answer each question.

11. What is one of the most frustrating things about your family?
12. What is one of the most positive qualities of your family?
13. Describe an event when you let your family down
14. Describe something that you have done for your family that you feel good about?
15. What is one thing about your family member that can get you annoyed
16. What is one quality about your family member that you appreciate
17. Who in your family do you think is the most disappointed in you?
18. Who in your family do you think is proudest of you?
19. What is one quality that your family struggles with
20. What is one of your family's greatest strengths?

Discussion – After everyone writes down their answers for questions 1-20 review each question as a group. Take note of when clients and their family members gave the same answers.



Closing Discussion: Out loud as a group take turns completing the following sentences and discuss your answers as a group

- ♥ When it comes to substance abuse and addiction, I wish I understood more about:
- ♥ When it comes to other treatment issues besides substance abuse, I wish I knew more about:
- ♥ What is one thing about this program, or substance abuse treatment in general you would like to know more about?
- ♥ I wish my family understood more about:
- ♥ As a family we help each other a little better if:
- ♥ One of our family's greatest strengths is:
- ♥ One thing I am really grateful about when it comes to my family is: