

NAME: PUZZLING

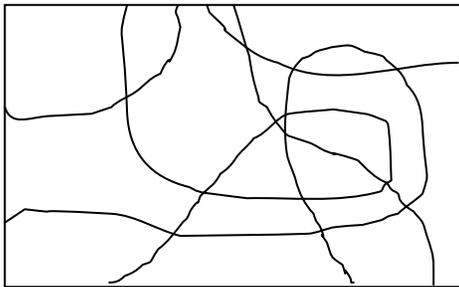
SOURCE:

- Activity – James Hill OTR/L 2004
- Processing (DNA-V) -- Louise L Hayse & Joseph Ciarrochi; The Thriving Adolescent; New Harbinger: 2015

INTENTION: The activity offers many opportunities to discuss a variety of processes (attention, personal investment, collaboration, impact of personal performance on social context). I find it particularly helpful to illustrate ACT processes or DNA-V concepts as they express themselves in occupational and social contexts.

MATERIALS:

- Large Paper with curvilinear lines breaking up the space.



- Crayons, markers, colored pencils etc. to color spaces.

SCRIPT: Written instructions for group leader.

Show the group the large paper before cutting it into enough smaller rectangles so that each person in group can work on their own (approximately post card size).

Write the following rules for the group to follow in completing the task:

- Select only 3 colors to work with
- Fill the entire space with color
- Do not use the same color directly across a line from itself
- Complete this task in 10 minutes

Therapist can announce time remaining to move group along and provide some urgency.

At the end of the time, tell the group that they have 10 minutes to work together on the task of putting the drawing back together.

DISCUSSION: Possible questions or topic to address

There are endless possibilities about how to process this activity. What to focus on usually emerges in response to what you see happening in the group process and individual responses. I will frame some common themes using an ACT and DNA-V framework.

ADVISOR

- What messages did your advisor give you that helped you complete the exercise?

- What advisor messages made getting involved or being effective more difficult?
- Were you able to choose to act on some messages and simply coexist with others?
- Was it necessary to get rid of unhelpful messages, or could you simply act in opposition to them?
- Can you notice that even unhelpful messages from your advisor might have the function of keeping you safe or secure even if that meant being less involved or effective?
- How does this operate in other areas of your life?

NOTICER

- What role did your noticer play in helping you to be effective?
- Was there any situation where you failed to notice something (placement of colors, following rules...). Where was your attention focused then (advisor?)?
- Were there any contextual factors that pulled you out of the noticing function (time limits, distractions)?

DISCOVERER

- Was there any point where you were aware of being fully in the discoverer? What experiences emerged (curious, playful, interested)?
- Would it have been possible to put the puzzle together in your head, without trial and error learning?
- When in life do you try to figure things out instead of trying things to discover what works? Have you ever gotten stuck in planning and worry without action?

VALUES

- What values were you acting on during this activity?
- Were these values personal (want to) or social (have to)?
- What is the difference (feeling / experience) between choosing to personally invest (want to) in something versus complying to expectations (have to)?
- How much of your life is “have to” versus “want to”. Can people make that choice to invest themselves even in activities that are not pleasurable?

WORKABILITY

- What worked / did not work?
- How did you know when an approach was working?
- Did the group get stuck in trying a strategy that was not working, why?
- Why might we get stuck in unworkable strategies (keep doing the same things expecting different results)?

OVERALL

- How could we apply this information to our lives?
- What role did you assume in this group – did you choose it or was it assigned to you by your advisor?
- How would you describe the experience of being engaged in your advisor, noticer, discoverer?
- How did your performance impact others in the group?
- If you would have not followed the rules how might that have impacted the group and your “place in the big picture?” How can you apply this personal responsibility and fitting into the big picture to your life?