NAME: The Values Game

SOURCE:
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INTENTION: This is one in a series of card based games designed for use by leaders with a broad range of experience using an ACT approach. The hope is that people with an introductory knowledge of ACT can use them with minimal demand for processing and by doing so be exposed to questions that can lead clients to the 6 processes of the ACT Hexaflex.

MATERIALS:
- Cards can be printed on standard weight paper (pages 1, 3, 5 front and 2, 4, 6 on the back), laminated and cut along the lines. A large paper cutter works well.
- Alternatively cards can be printed on heavier paper (card stock) and not laminated. Our experience has been that laminated cards work better, last longer, and are more easily cleaned.

USE:
- These cards can be used in many ways. Groups can simply take turns drawing cards and responding to the prompts on back. Therapists might use a couple cards as a warm-up to a session. More experienced group leaders may choose to use cards to as a warm-up exercise, or as a spring-board to more in-depth processing.
- Of the Game Card series. The Values Game is the most playful and straightforward in our experience. Questions suggest a variety of approaches to contacting values (Noticing what is often taken for granted, hopes, dreams, inspirations, preferences and experiences, challenges and moral dilemmas).
- It has been our experience that these cards often result in groups opening up and becoming more spontaneously accepting and flexible. Players often pause for discussion and sharing related to common experiences.

USE RESTRICTIONS:
- People are free to duplicate, use and adapt these cards for clinical or educational purposes, as long as this is done at no charge.
- People are encouraged to contact Jim Hill (jim@moritaschool.com) with suggestions for improvement, translations, and adaptations.
- Duplication for sale or distribution in print or electronic form is prohibited without a written agreement. Please contact Jim Hill (jim@moritaschool.com).
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As the result of a boating accident you have lost your eyesight. 

What is one thing you wish you could see again?

A doctor informs you that in one month you will lose your ability to taste food.

What is one thing you will definitely want to eat?

How will this change how you pay attention while you eat?

You were attacked by bees and lost your hearing.

If you could hear any one thing for 10 minutes what would it be?

If you had to choose only one song to listen to for the rest of your life, what would it be?

Why that song?

You were attacked by kittens and lost your ability to smell.

If you could choose anything to smell one more time, what would it be?

Later today, as the result of a really big sneeze your eyes fall out.

What is one thing you wish you could have seen but did not get a chance to?

Following an allergic reaction to Jell-O you can no longer communicate.

What is something you wish you had said?

Who would you say it to?

If you could take back one thing you said or did, what would it be?

A badger chewed off your legs.

What are you most going to miss about having legs to stand on?
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<td>Who is the wisest person you know?</td>
<td>What do you hope for?</td>
<td>If you could have any super power, what would you choose?</td>
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<td>Why do you consider them wise?</td>
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<td>What is one thing you would do with it?</td>
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| If you had a magic wand that would allow you to accomplish any one thing, what would you choose to accomplish? | If you could do something extraordinary, what would you want to do? | Would you prefer to live a life where you stand out or blend in? |

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<th>Who is your biggest role model (living or dead)?</th>
<th>What is the most important thing to spend your energy and time on in your life right now?</th>
<th>Who are the most important people in your life?</th>
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### What makes a good life?

You found a million dollars in your shoe this morning. What is one thing you will be sure to spend this money on?

**Why that** – what makes it important?

If you found 5 dollars is there anything you could do related to that same value?

If you could become a famous

- Actor / Actress
- Dancer
- Musician / Singer
- Writer
- Painter

Which would you choose?

Would you still want to do this if you were guaranteed to never become famous?

### You won an all-expense paid vacation but you have to choose from the following:

- Rainforest Camping
- New York
- Beijing, China
- Mardi Gras
- Hawaii
- Paris
- See a Family Member

You can take one of the following classes. Which one would you choose?

- Cooking
- Art Appreciation
- US History and Politics
- Sky Diving
- Music Appreciation
- Wood Working
- Home Repair
- Scuba Diving

You have to choose only one desert for the rest of your life, What will it be?

### What is something you are glad you got a chance to experience?

If you could save only one of your memories, which one would you choose?

If you got a chance to "do over" something in your life, what would it be, and what would you change?
If you got to pick out your grave stone, and print something on it for which you will be remembered, what would you like it to say?

If you could choose anyone to be at your funeral, who would it be?

You can choose people who are not yet alive, like children you are hoping to have.

What would you like them to say about you?

You are going to be stranded on a deserted island for 3 years.

You get to pick 3 people who will be stranded with you.

Who would you choose?

You are planning the perfect dinner party.
You can invite any 3 people.

Who would you invite?

You can either drink a cold glass of snot, or you can make your best friend drink it for you.

What would you do?

You are given 3 choices:
- You can take $100 from your best friend.
- You can give your friend $100.
- You can decide that no one gets any money.

What would you decide?

What if your friend will never know about it?

Who is the most important person for you to forgive?

If you could do that, how might it change your life?

What is something beneficial that you received today?

What is something you did today that benefited another person?