

Cognitive Triangle Turnaround

USE FOR: Cognitive Coping

Material: At least 3 people, scenarios that are meaningful to the client/family.

How to Play: Two people stand beside one another, one person has their back turned. A scenario is read aloud and the person facing the reader explains all the Unhelpful Thoughts that are part of that scenario. When they are done, they turn and face the wall and their partner turns and faces outward. Their partner then reframes the scenario with Helpful Thoughts. The reader may ask what feelings and actions might be going on with these Thoughts.

If someone gets stuck, they can use a Lifeline (ask someone else in the room for help) or Ask for Options (the reader of the scenarios gives 2 examples and the player picks the correct one).

Players can rotate their roles in the game to keep it interesting and to give everyone a chance to act out Helpful and Unhelpful Thoughts.

Scenarios to Get You Started on back of card:

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1. Your friend tells you that your other friend was talking about you.
2. I forgot to do an assignment for math.
3. Your cousin won't stop annoying you even though you've asked.
4. Your mother tells you to clean your room, but you want to play outside with your friends.
5. Two of your friends go to the mall and didn't invite you to go.
6. You start your period at school and a boy notices it.
7. I have acne and I feel embarrassed.
8. All the other guys have Nike Shox and I don't.
9. All the girls have Uggs and I don't.
10. All your friends have a sleepover and you are not invited.
11. You have a crush on a boy and he tells you he likes your friend
12. A boy that you like asks your best friend to the dance.

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