

Therapist

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Exaggerate the mood of the
player who is least like you.

You have been accused of over-intellectualizing your hang-ups. Respond—without falling victim to that criticism.

Take off as many clothes as you
feel comfortable taking off.

Pick the member of the group
who likes you the least and tell
him how it is his problem.

Make up a challenging Therapist instruction for yourself and do it.

Tell each member of the group something you've learned about him while playing this game.

Do an interpretive dance that
shows how you feel when you
think nobody likes you.

Sit on top of the person here
who makes you the most
nervous. Tell him why.

Stand facing the group member
who threatens you most.
Pushing you hands against his,
tell him why he frightens you.

Show your anger in movement
and non-verbal sounds.

Choose a member of the group,
massage his neck and shoulders,
and say something soothing to
him.

In movement, exaggerate the mood of the player who is least like you.

Hold someone in your lap. Rock
and sing to him personally.

Choose the player who has the most authority in the group and show him how you feel about it.

Choose as many members of the group as you want and, one at a time, ask them to forgive you for something.

Choose a member of the group
who is now feeling something
that he would like to express, but
can't. Express it for him.

Make yourself really laugh.

Tell the group how you've been
faking it so far in this game.

Close your eyes. Talk about
someone you have lost who was
meaningful to you.

Pick the player with whom you are most uncomfortable. Now do something with him to lessen this feeling.

Talk about your loneliness.

Get the person here who pays
least attention to you to pay
attention to you.

Assume the fetal position, close your eyes, and rocking back and forth, make appropriate sounds.

Have the group stand around you. Allow yourself to fall and be tossed back and forth. Let out the sounds you feel.

Using your face and body,
assume the position which
makes you most vulnerable.

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Tell the group why you might
accomplish your greatest goals.
Now tell them why you might
not.

Do your impression of the
person sitting on your right.

The group will surround you in an interlocked circle. You are to get out of the circle fairly.

You are advertising yourself as a
lover. What does the ad say?

Name a famous person you think
would really like you if he know
you and tell why.

Tell each member of the group a quality of yours which he would like you to change.

Pick a member of the group and
ask him for something he in
particular can give you.

One at a time, tell each member
of the group what you are that
he doesn't think you are.

Tell the group how you are
boring.

Tell a member of the group what
you would rather not know
about him and why.

Ask someone to hold you and
rock you. Give yourself to the
experience.

Get in front of a member of the group and with body movements and non-verbal sounds, show how you feel about him right now.

Choose a member of the group.
Now, standing back to back and
pushing, tell him why it is hard
for you to be direct with him.

Talk for awhile about about the
quality of your intelligence.

Demonstrate your most vain
private habit.

Choose the member of the group
who needs to be cheered up the
most and try to cheer him up.

Have all the members of the opposite sex sit together. Now stand up and tell them what you don't like about the opposite sex as a whole.

Hold each member of the group
in a way which reflects the way
you feel about him.

Choose a member of the group
of your own sex. Talk about the
part of his body that most
appeals to you.

Walk up and down the room as
though there were nothing you
were ashamed of.

You are walking down the street
and are approached by a
homosexual of your own sex.
Describe in detail the way you
feel.

Using your whole body, move
gracefully.

Look into someone else's eyes
for about a minute and then say
what you are feeling.

Pick the member of the group
with whom you are closes and
tell him what he has done for
you.

Show the ways in which you are
a personality stereotype.

Say either “Yes” or “No” over and over until you really feel it.

Shadow box with the person in
the world who makes you most
uptight while repeating his
name.

Be tough.

Pick another group member.
Both stand. Now, facing away
from him and without bending
your knees, fall backward into
his arms.

Show the way you are when you
like yourself best. Now show the
way you are when others like
you best.

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One at a time, tell each member of the group a significant way in which you are similar to him.

Starting with the word “chair,”
free associate for about 30
seconds.

One at a time, sit very close to each member of the group, look into his eyes, and say something you like about him.

Choose a way in which you are
tense or nervous and exaggerate
it.

Choose a member of the group
to be the policeman who has just
told you to move on for
loitering. React to him.

Describe a significant way in
which you use your friends.

Give a accurate description of the way you look, stressing the total effect of your appearance.

Choose a member of the group
to be your father and ask him for
something that is difficult for
your to request.

Lie on the floor. Let the group
cradle you. Go with the
experience.

The group will select one of its members. Find and massage a part of that person's body which is tense.

Show the part of your body
which you are most proud of.

Show off.

Tell the group what effect fame
would have/has had on you.

Choose a member of the group
and tell him in which situations
you most like to see him and
why.

Move in a way which is
uncharacteristic for you, but
normal for other people.

Exaggerate your habitual posture. Now move the way this makes you feel.

Pick a member of the group and
look at him, letting your eyes go
as soft as possible.

For about a minute, move
around the room with your eyes
closed, being only as cautious as
necessary.

Moving and talking, do your
impression of a woman if you
are a man; of a man if you are a
woman.

The person on your left wants to be with you but you want to be left alone. What do you say to him? Why?

Tell each member of the group a way in which you would like to know him better.

Name the person in the world
you would most like to look like
and tell why.

Sing a little song of your own
invention about yourself.

Tell a personal fantasy that
begins “Once upon a time a
small boy (girl)...”

Let the warmth you feel toward
some member of the group really
show.

Choose a new full name for yourself and explain why it would be more fitting than the one you now have.

Stand up. Select someone. Go
totally limp in his arms.

Describe the kind of people you
aren't worthy of.

Pick a member of the group and
try to make him laugh.

“Burst” in movement and sound.

Choose a member of the group
and while touching him in some
way, tell him how he can trust
you.

Talk about your occupation in
the way that you might when
you feel it is meaningful; now in
the way you might when you
feel it is not meaningful.

Shake hands with each member
of the group as honestly as
possible.

Stand up and tell the group what
makes you mature.

Exaggerate your childish
qualities.

Have the group form an
interlocked circle. Starting on
the outside, become a member of
the group.

Tell the member of the group
whom you know the least what
you would most like to give him.

Contract all the muscles in your body from scalp to toes. Hold this for at least 30 seconds.

Without using words, show a member of the group that you want him to like you.

Group Therapist

Tell the group a way in which
you could be a better lover.

Choose a way in which you are
self-pitying and parody it.

Using your face and body, be
seductive.

Do something outrageous.

Stand up and move around until
your body is really loose.

You died yesterday. Deliver a
sincere eulogy to yourself.

Cover your ears with your hands, close your eyes, and in a loud voice tell the group what you most hate to hear.

Say something about yourself
which is difficult for you to
reveal.

Pick a way in which you are
phony and exaggerate it.

Repeat to the group a lie you
often tell about yourself in the
way you usually tell it.

Why would you not like the whole group to be nude right now? Why would you?

Say something to someone else
in the group which you have
never said to him before, but
which you would like to say.

Hug yourself and tell yourself
why everything is going to be all
right.

Talking about yourself in the third person, tell the group the first impression you make on people.

Your official portrait is about to be painted. Assume the pose in which you would most like to be remembered.