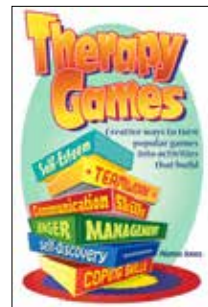


A game from the book:
Therapy Games
*Creative Ways to Turn Popular Games Into Activities That Build
Self-Esteem, Teamwork, Communication Skills, Anger Manage-
ment, Self-Discovery, and Coping Skills*



Missing Pieces

Objective

To discover what people feel is missing in their own lives, and to figure out what they're doing to try to fill the void.

Who

People who are always trying to fill a void they feel with something that may not be healthy.

Group Size

1 or more

Materials

⇒ Any size puzzle that your group can put together in one session.

Description

Select a puzzle for your group to put together. Prior to the group time, hide as many pieces as there are people in your group around the meeting room. Don't tell the group there are pieces missing. Simply have them all work together to put together the puzzle. Once the puzzle is put together (minus all the missing pieces), use the Discussion Prompts for the 1st session.

After the discussion time, let the group know about the pieces that are hidden around the room. Each person needs to find one piece in order for the puzzle to be complete. After everyone has found one piece, ask them to identify things that they can change in their own life to make their life whole again. As each person speaks, they can put their piece into the puzzle. When the puzzle is complete, move on to the Discussion Prompts for the 2nd session.

Discussion Prompts – 1st session

1. Can you relate to a puzzle that has missing pieces in any way?
2. What is something you always feel like you're missing and searching for?
3. Is this a healthy or negative thing for you to spend your time searching for? Why?
4. If you feel like there's a void in your life, what do fill this void with? Is this negative or healthy?
5. Do you think some people focus too much on what they feel is missing and they overlook all the good they have?

Discussion Prompts – 2nd session

1. Can you relate to a complete puzzle that is all put together in any way?
2. When do you feel that your life is whole and complete?
3. If you're someone who is always searching for something, what can you do to make your life whole?
4. What is something you can change in your life *right now* to fill in the holes and make yourself whole?