

CBT 123™ version 2.0 Instructions, Tips, and Additional Gameplay Ideas

How to play CBT 123 version 2.0

Setup:

1. Take 12 of the #1 cards and all the #2 and #3 cards from the box. **Set the remaining #1 cards aside** to use when you play again.
2. Shuffle and arrange the cards face down on the table in a grid (as you would in a memory game).

On each turn:

- Player flips over any three cards with the goal of getting a 1, a 2, and a 3 card (in any order).
- If the player does not get the set: the cards are flipped back over and the turn ends.
- If the player gets the set: the player performs the action displayed on the #1 card, to the person or object in #2, while doing what's on #3. Afterwards, the player keeps all three cards.

Winning: the player with the most cards at the end wins!

Alternate game play ideas

1. **If any players are reserved or shy**, you may try playing without performing the action on the #3 cards.
2. **If you need a quicker game**, deal only ½ of each type.
3. **If you want a longer game**, require that players turn over the sequence in order (have to turn a 1 first, then a 2, then 3)
4. **Make up your own #3!** Use all of the cards but instead of doing what's on the card, another player has to state what you have to do.
5. **If the #2 card is turned over and played**, instead of keeping it, the player who turned it over gives it to the person it was performed to, if appropriate.
6. **Go Fish.** Shuffle all the cards and deal 3 cards to each player, facedown. Keep remaining cards in draw pile. Players attempt to make sets of cards 1-3 with the cards in their hand. Players ask other players for a card to make the set. If the player doesn't have the card, the player draws from the draw pile. Once a player has a set, the player lays the 3 cards down and answers the question. Player with the most cards at the end wins!

Tips for getting the most out of CBT 123

1. **Talk about the #1 cards in more depth after the game** is played. Ask players to elaborate on answers or use this time to talk about the relationship between thoughts, feelings, and behaviors.
2. **To track progress**, when starting the game, state that all of the questions are to be about TODAY. This will enable you to play it over and over and see how the players progress.
3. **After the game, use the responses to talk about feelings.** If a player is having difficulty with a certain feeling, such as anxiety or depression, talk about the event, and thoughts that lead up to the feeling. Can you identify a common event or thought as a trigger?
4. **Be real!** As the adult/leader, your responses will let other players know how common their own thoughts and feelings may be, while helping them realize other options for behavior.

5. **Exaggerate!** If you're not real, let it be known you're exaggerating. Tell the group before you start you'll sometimes give a silly answer. Give wild responses to encourage other players to laugh, but recognize how thoughts/feelings/behavior can get out of control.
6. **Talk CBT:** Once you're done playing, use the opportunity to talk more about CBT. Have each player choose one #1 card to use on the printable worksheet. To download a free copy of this reproducible worksheet, visit playtherapysupply.com/instructions