





I AM ...

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I LOVE...

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I KNOW...

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I LET GO...

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**I AM HOPEFUL
FOR...**

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I CHOOSE...

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I TRUST...

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I CAN...

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I HAVE...

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I NEVER...

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I TAKE...

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I BELIEVE...

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I ACCEPT...

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I CARE...

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I ...

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**I AM AWESOME
AT...**

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I MAKE...

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I GIVE...

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I FEEL...

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**I AM GRATEFUL
FOR...**

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I ENJOY...

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I WILL...

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I DESERVE...

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I REMEMBER...

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PLAYING THE GAME

1. The game can be played in pairs.
2. The aim is to complete each question on a card with a positive word or phrase without repeating yourself
3. Credit is given to the player who finishes with the best time and no crutch words.

This game can be played for fun, serve as an icebreaker at group sessions or played as a therapeutic session.

Find below a few examples to serve as pointers for the game. These examples are inexhaustive.

NB: No answer is wrong provided it is POSITIVE!

I AM...

a son || a daughter || a father || a mother || a brother || a sister

I KNOW...

my worth || who I am || my identity || I am beautiful

I LOVE...

my family || my work || my home || my life

I LET GO OF...

my past || my anger || false stories I make in my head

I AM HOPEFUL FOR...

the best in life || the future

I CHOOSE...

to see the good in everything || to be good || to see my family as a gift

I TRUST...

God || myself || my inner intuition || inner wisdom

I CAN..

breathe || eat || drink || do anything if I try || change || get well

I HAVE...

something to wear || life || hope || my family || a roof over my head

I NEVER...

give up || lie || lose hope

I TAKE...

things one step at a time || great pleasure in music

I BELIEVE...

I can make it || I can change || in doing the best I can

I CARE...

for my family || about my personal health || about my thoughts

I ACCEPT...

responsibilities || I am worthy just as I am

I...

matter || ask for help when I need one || live in the moment || am unique

I AM AWESOME AT...

drawing || cooking || gardening || my job

I MAKE...

the right choices || time to rest || good food

I GIVE...

others my honesty, passion, respect and care || my time and money to my community

I FEEL...

happy || confident || excited

I AM GRATEFUL FOR...

my life || my family || my health || my friends

I ENJOY...

music || travelling || reading

I WILL...

do better || get well || make it || succeed

I DESERVE...

to be treated with respect || to be listened to || to be treasured

I REMEMBER...

life can be good || life can be what I want it to be || to count my blessings not my troubles

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THE RECOVERY BOARD GAME
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