

HOW TO USE THE DICE GAME

Cut the dice out, fold and glue sides together to form a cube.

On each side of the dice there is a coping suggestion for you to consider in a time of crisis:

Accept and Adapt – Steve de Shazer said you get what you get so ask yourself **“How can I accept and adapt to the current situation?”**

Inner Strengths – We all have inner strengths and resources to get through difficult times so ask yourself **“What am I doing at the moment that is helping me cope?”**

Use it or Lose it – Sometimes we must use situations and feelings to adapt to change, ask yourself:

Use it – **“How can I use the situation or my feelings to adapt to change?”**

Lose it – Sometimes we have to let go of certain thoughts or feeling to cope; ask yourself **“What feeling or thought do I need to loose right now in order to carry on?”**

Be Grateful – This crisis is forcing us to be grateful for what we have, ask yourself **“What am I most grateful for right now?”**

Do Differently – In order to cope better we need to do things differently, ask yourself **“What one thing must I do differently so that I can look back at this time and feel proud of how I coped?”**

Keep it Simple – In hard and difficult times we need to simplify and not over complicate **“What one thing have I done today to cope?”**