

THE CHOOSE FORWARD PLAY SUITE

# Facilitator Guide

---

*How to run the belief-work games with clients and groups —  
structures, timings, prompts, debriefs, and a professional-use licence.*

Licensed for professional use with clients and groups. A companion to *Who Told You That?* by Mariyah Acka'a.

# Your professional-use licence

---

Your Facilitator Access grants you permission to use the Choose Forward Play Suite activities in your professional practice — with individual clients and with groups — including in coaching, training, and therapeutic settings.

You may print and reproduce the worksheets in this guide for participants in sessions you run. You may not resell, repackage, or distribute the materials as your own product, or remove attribution to *Who Told You That?* / House of V.

## Important — scope of use

These activities are structured self-exploration tools. They are not a clinical assessment or a substitute for therapy, diagnosis, or treatment. Use your own professional judgement, work within your competence and any registration or supervision you hold, and refer on where appropriate. All activities are intended for adults (18+).

# Before you begin

---

## Set the frame

Open every session by naming what these tools are and aren't: invitations to notice, not tests to pass. Make it explicit that participants choose what they share — depth is optional, honesty with oneself is not.

## Create containment

Agree confidentiality (especially in groups), the right to pass, and a way to pause. Belief work can surface more than expected; a calm, unhurried container does most of the work.

## Watch your pacing

Resist filling silence. The most useful moments usually come after the first answer, when the inherited response gives way to the truer one. Leave room.

## Know your edges

If something surfaces that is beyond reflection — trauma, risk, acute distress — slow down, stabilise, and signpost to appropriate support. You are facilitating reflection, not providing treatment.

# Three session structures

---

## One-to-one (50–60 min)

5 min open & frame · 10 min a single activity (e.g. the Cage Builder) · 20 min the Script Flip on what surfaced · 15 min debrief & one commitment · 5 min close.

## Small group (90 min)

10 min open & ground rules · 20 min individual activity in silence · 25 min paired sharing · 20 min whole-group themes (not content) · 10 min individual commitment · 5 min close.

## Half-day workshop (3 hrs)

Open & frame · Cage Builder (individual) · Values Card Sort (paired) · break · Script Flip (individual, then optional share) · Choose Forward Deck (small groups) · commitments & close.

# Running each activity

---

## The Cage Builder

*Spot the invisible limits.*

**Purpose.** Surfaces which beliefs quietly drive everyday reactions.

**Set-up.** Hand out the eight scenarios. Ask participants to mark their honest first instinct, not the “right” answer.

**Timing.** Solo: 8–10 min. Group: have each person name one pattern they noticed, not the scenario.

**Debrief prompts.** Which reaction surprised you? Where does that instinct show up in real life? Whose voice is in it?

---

## Values Card Sort

*What do you actually live by?*

**Purpose.** Separates lived values from inherited or aspirational ones.

**Set-up.** Cut the cards beforehand. Three piles, then narrow to five. In pairs, each explains one “core” and one they were surprised to drop.

**Timing.** 15–20 min. Allow re-sorting — the hesitation is the data.

**Debrief prompts.** Which value was hardest to let go of, and why? Where do two of your values pull against each other? Which value do you admire but not live?

---

## The Script Flip

*Rewrite what you were given.*

**Purpose.** Names an inherited belief, traces it, tests it, and rewrites it.

**Set-up.** Walk the four steps slowly, one at a time. Don’t rush to the “flip” — the tracing and testing are where the shift happens.

**Timing.** 20–25 min for one script. Offer repeat copies.

**Debrief prompts.** Whose voice did the original belief sound like? What did it cost you? Read the old and new lines aloud — what changes in your body?

---

## Choose Forward Deck

*Forty questions to sit with.*

**Purpose.** Open-ended prompts for reflection or discussion.

**Set-up.** Draw at random or pick a theme. In groups, pass the deck; each person draws and may answer or pass.

**Timing.** Flexible — 2 min per card. Good as an opener or a closer.

**Debrief prompts.** What did the first answer protect? What's the second, truer answer underneath it?

---

## Conversation Cards

*For the people you do life with.*

**Purpose.** Structured prompts for partners, friends, and family in three depths.

**Set-up.** Choose the right deck and depth for the relationship in the room. Take turns; the rule is to answer the one you'd rather skip.

**Timing.** 20–40 min depending on depth.

**Debrief prompts.** What was easier to hear than you expected? What did you learn that you'd assumed you already knew?

---

## The Cartographer & The Calculus

*Map the risk; do the maths.*

**Purpose.** Two deeper solo tools: one maps a feared decision as landscape; the other rates a risk across six dimensions to expose the gap between felt and real.

**Set-up.** Best one-to-one or as reflective homework between sessions. Debrief the gap, not the score.

**Timing.** 20–35 min each.

**Debrief prompts.** Where is the felt risk bigger than the real one? What evidence are you discounting? What would you tell a friend with this exact map?

---

# Adapting for groups

---

Debrief **themes, not content**: invite people to share what a pattern was like rather than the private detail behind it. Normalise that inherited scripts are universal — the relief in a room often comes from realising no one is alone in this. Always close by moving from insight to a single, small, concrete commitment each person names aloud.

## A closing frame that works

“Fear builds the cage. From here — from now — you can choose forward.” End by asking each person for one sentence: the next true thing they’ll do.

© Mariyah Acka'a / House of V · Licensed for professional facilitation use · [chooseforward.life](http://chooseforward.life)