



Pick or Pass

Directions: Cut out all the cards in this exercise (on the pages after the picture) and make a pile. All of the cards have a positive quality on each card. Pass the pile of cards to the first person. That person should pick a card and do one of the following:

- ❖ **Pick** - If the card describes you well, you can decide to keep the card you picked for yourself.
- ❖ **Pass** - Or you can pass the card to another person in the group who you feel it describes well.
- ❖ **Discard** – You can elect to discard any card that you do not feel strongly applies to yourself or to another group member.

Keep a dictionary handy online in case a group member needs a definition. Repeat this for as long as the group wants to keep going. There are many cards available for different group sizes. It is optional how many you may want to use depending on the group size.

Close Out: At the end of the group, everyone should have some cards in front of them. Take turns going around the room discussing what cards each person has. Below are some discussion questions:

- **Read your cards to the group...then discuss:**
- **How do you feel about the qualities you ended up with?**
- **Were you flattered or surprised by any qualities given to you by other group members, and if so, why?**
- **Is there a quality that really stands out to you as extra meaningful and important?**
- **What do you need to do in order to continue to build on these positive qualities in your own individual process of positive change and recovery?**





Creative	Inspiring	Confident
Honest	Down-to-Earth	Genuine
Courageous	Open-minded	Motivated
Hardworking	Trustworthy	Problem-Solver
Charismatic	Friendly	Energetic



Imaginative	Persevering	Dependable
Polite	Patient	Intelligent
Articulate	Assertive	Wise
Organized	Leadership Skills	Resilient
Focused	Sense of Humor	Grounded



Fair	Good-Hearted	Generous
Humble	Good Listener	Calm
Expressive	Artistic	Influential
Mentally Strong	Physically Strong	Unique
Flexible	Intuitive	Respectful



Loyal	Compassionate	Versatile
Forgiving	Grateful	Confident
Adaptable	Self-Disciplined	Insightful
Joyful	Passionate	Inclusive
Mindful	Self-Aware	Responsible



Thoughtful	Warm	Caring
Empathetic	Gracious	Helpful
Dynamic	Resourceful	Innovative
Witty	Adventurous	Kind
Nurturing	Deep	Faithful