



“Eleven Other Reasons”– A Game of Reason

To play this game you will need to make sure you have the following prerequisites:

- *A willingness to give the benefit of the doubt*
- *A sense of wonder / curiosity*
- *A desire to work with others*
- *An assumption of goodwill*
- *A sense of humor*

Okay, now you're ready to play!

Any time something happens to you, and you or someone you are with is about to say: “This happened BECAUSE of _____.”

OR

Any time you get a negative response to your request for help or assistance, and your mind is about to say: “He/She reacted this way BECAUSE of _____.”

React by playing this game. . .

1. Start with whatever happened:

- For instance: Tom didn't return my message

And your reaction was about to be. . . “BECAUSE he doesn't like me”

OR

- For instance: Tom said he couldn't help me move next Saturday

And your reaction was about to be. . . “BECAUSE he doesn't like me”

1. QUICKLY think of **11 other reasons** it might have happened or why you received a “no”.

- After your initial list of possibilities runs out, let silly and absurd ideas come into your mind.
- We bet that, often, you'll end up laughing before you get to eleven.
- Realize it's not about you!

[Download PDF for Printing](#) [1]

[CONTACT US](#)

- [Get Started](#)
- [Who We Are](#)



Unless otherwise indicated, all content on this site is licensed under a [Creative Commons 3.0 US License](https://creativecommons.org/licenses/by/3.0/).

Source URL: <https://personalsafetynets.com/content/%E2%80%9CEleven-other-reasons%E2%80%9D%E2%80%93game-reason>

Links

[1] https://personalsafetynets.com/sites/default/files/11_others_reasons_activity.pdf