



THE PROBLEM GAME - INSTRUCTION SHEET

See Game Video at rebuildup.com/tpg

In **The Problem Game**, everything contains its opposite. You can't have up without down, day without night, or a problem without a solution. To play, you'll need a paper, pen, and two coins.

Step 1. Find a problem to solve. Let's pick something easy like cleaning a room.

The cleaning part isn't the actual problem, after all, anybody can do it, especially when you know you need to, but for some reason, you just can't. This lack of motivation is the real problem to solve.

Step 2. Put one of the two coins on the table.

Step 3. Put the piece of paper above the coin on the table.

Step 4. Visualize what this lack of motivation looks like. Figure out what shape it is.

Step 5. Using a pen, draw this lack of motivation shape on the piece of paper. Don't worry about how good the drawing is, the goal is to transform lack of motivation from a concept in your head into something you can grab onto with your hands.

Step 6. Put the second coin above the piece of paper on the table.

Step 7. Connect to the problem by making the first coin placed on the table represent the time before you had this lack of motivation, the paper represent your current lack of motivation, and the second coin at the top represent the future after you've solved your lack of motivation problem.

Step 8. Take control of the problem by tearing the paper into four different pieces and placing them back on the table.

Step 9. Use the four pieces like a video game controller. Move the pieces to move parts of the problem. Keep moving the pieces until you untangle the problem like untangling a piece of string.

Step 10. If you feel stuck, move the bottom coin to the last time you felt motivated to continue the game.

Step 11. If you get bogged down again, move the top coin to a time in the future when you've finished cleaning the room. Doing this helps clear a path to get you back on track.

Step 12. Keep playing until you've solved the problem and now have the motivation to clean up the room.

Play The Problem Game enough for other issues and you might get good enough to solve problems in your head without a paper, pen, or coins.

*This game is for entertainment purposes only.
Consult a medical professional for health issues.*

