



Banishing C-Boulders Together -- Game

On the boulders, each of you:

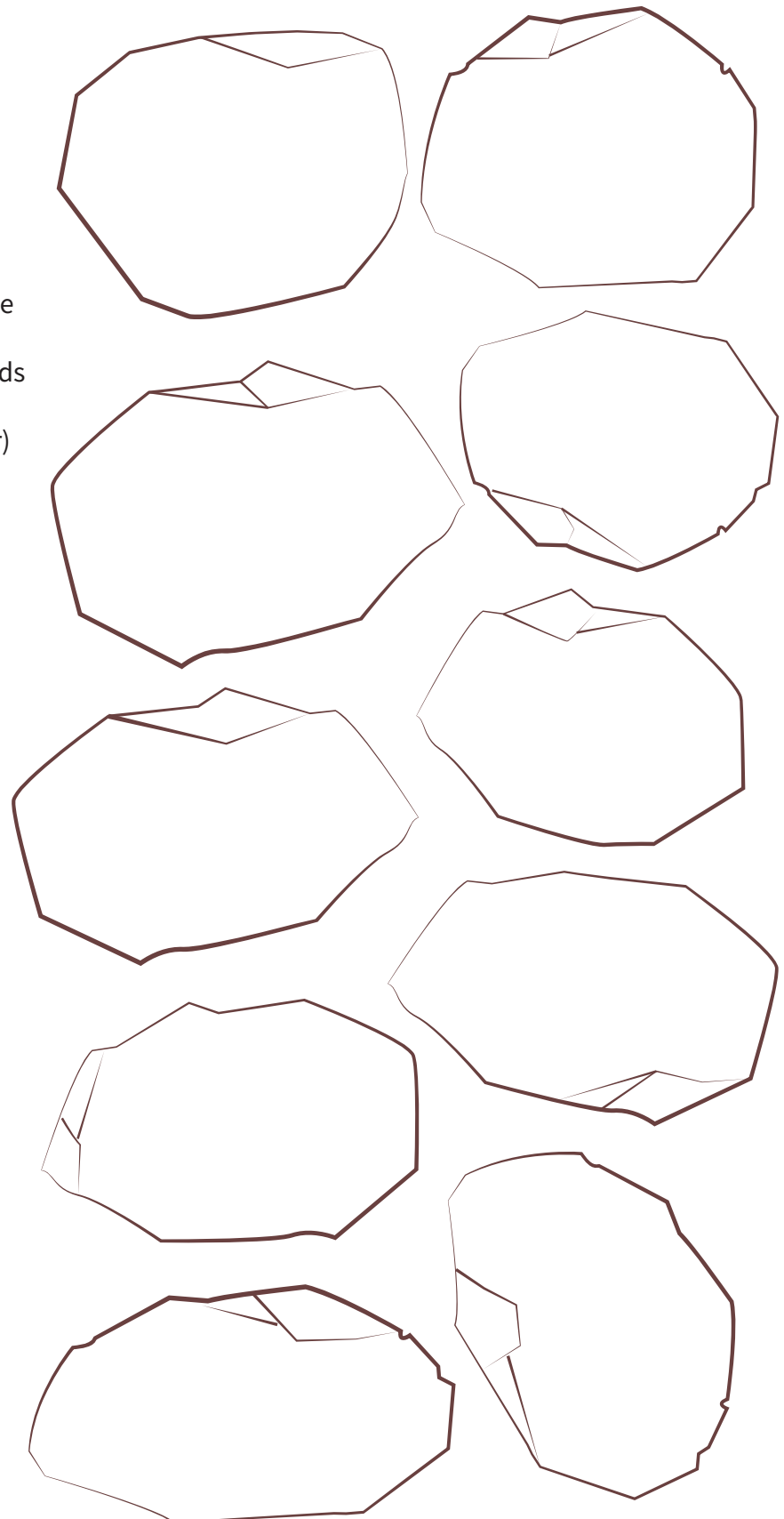
1. Write down three C-Boulder examples you've **heard**
(do not specify the person who used it)
2. Write down two you've **used**

Once done, cut each out and place them on the table face-up. To play:

1. Look at the boulders on the table. Give the whole family a few minutes to read them.
2. Once done, all of you place C-Boulder cards on the boulder you think it's relevant to (there may be more than one per boulder)

If you still have time, discuss:

1. Do the C-Boulders make sense for each example?
2. What is a more pro-social thing that someone could do or say instead of the example on each boulder?



Examples:

“Oh I BET you’re SO tired after doing absolutely nothing all day.”

(Crabby Voice, Sarcasm, Put-Down)

“What you even talking about? You just like to start fights with me.”

(Stonewalling & Gaslighting)

“YOU ARE SUCH A JERK! You’re so selfish.”

(Hostile Criticism, Put-Down, Slash & Burn)

“Why don’t you ever put your dishes away? It’s SO annoying to have to clean up after you.”

(Always-Never)