

# FLEX GAME

THE GAME OF PSYCHOLOGICAL FLEXIBILITY  
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When we can't choose what life will bring us, we can still choose what to do, whatever experience it brought.

## DESCRIPTION

Flex Game is a therapeutic tool that can be used with different age groups and different psychological disorders.

It's a game that intends to represent life metaphorically, in order to favor the processes of construction of Psychological Flexibility, greater therapeutic focus, within the ACT perspective.

The tower of experiences represents the dynamics of life, it's made up of dozens of colorful wooden blocks and with some random symbols representing experiences we can live, or even feelings / thoughts we can experience.

When the dice is played, which represents the unpredictability of life, the client must begin to move, in order to gradually withdraw experiences from the tower and build something that represents their own life.

## METHOD

The client is invited by the therapist to play a game that has no winners or losers and where the rules are a bit different from traditional games. The biggest rule of the game is to build continually something that represents life.

The symbols that appear in the pieces are meanings that can be assigned generically or arbitrarily, and the opposite side of the pieces with symbols represent which feelings and contradictory references can coexist.

45 rectangular blocks of wood marked on the extremities by colors or symbols and 6 square pieces in yellow color, representing greater experiences.

Wooden blocks represent all possible human experiences that one can live, whether inside or outside the skin.

The dice represents the unpredictability of life, what life imposes on us without being able to choose. The side that appears represents the piece that needs to be removed or "pass the turn" side representing that even in the face of the player's lack of action, the life continues to move.

All pieces removed from the tower should be a symbolic construction that represents the client's life.

## AIMS

- Encourage the creation of a new context that intends to naturally train new behavioral repertoires.
- Create a context where new learning can be experienced by the client and later become naturally generalized to real life, aiming to make it much more flexible and functional.
- Show the clients the importance of continuing to build their life regardless of the content of the experiences they live and regardless of the problems that may occur while they are building their "life."

## CONCLUSION

The Flex game has been developed for 1 year and half and have been tested and perfected during this period in children, teenagers and adults.

The game has been used in the clinical environment as an auxiliary tool in the therapeutic process.

When the game is presented, it is possible to observe great receptivity and curiosity on the part of the clients, and as they become familiar with its dynamics, they are more involved with the task. The game favors a context of verbal and reflexive elaboration from analogies related to the experiences of life.

Preliminary results indicate that the Flex Game is a tool capable of mobilizing clinically meaningful interventions that contribute to the development of Social Skills and Coping Repertoires, but to prove their effectiveness, more studies will be needed.

## HOW FLEX GAME WORKS THE PROCESSES PSYCHOLOGICAL FLEXIBILITY

Both the pieces with the contrasting symbolic representations and the accidents that can occur during the game favor the understanding that the pleasant things will be accompanied by others that are not so pleasant and that however much the discomfort is experienced, they can open themselves to these Experiences in the service of building a meaningful life.

As the client experiences the process of transforming the tower and subsequent spontaneous construction of another building, he is invited to observe the thoughts only as thoughts as they arise.

