

Directions for the If You Only Knew Technique (with Individuals)

Warm Up

- Tell me briefly about the relationship/incident/situation with this other person/people.
- When did this happen? (*If this happened in childhood, ask how old s/he was at that time.*)
- Where were you? Who else was there?
- (*If relevant*) Do you still see him/her/them...How often? What is that like for you?
- How would you describe your relationship now?

Serious Play: Depict the real-life situation

- Close your eyes and project yourself into this situation with this person. Really be there.
- Choose a figure to represent you.
- Place it on the template in the upper left box. Bend and shape the figure to show how you're feeling in this situation.
- Use other figures and props to show who else and what else is relevant to the situation. Place and position the figures to show what is happening. This does not need to be elaborate.
- Looking at the figure you have used to represent yourself, what is s/he feeling in that situation?
- What is s/he saying to the other person/people?
- What is the other person saying to her/him? (*If there others presented ask what each one is saying to him/her.*)
- What role is this figure (*the Protagonist*) playing? What is s/he doing? How is s/he doing it? (*Help the person name the role using an adjective and a noun.*) Record the role in the space provided.
- Have you played this role before or seen it played before? Who is/was your role model? This may not be a real person; it could be a character in a novel or a movie. Record the role model.
- Rotate the template and look at it from the other figure's perspective. How is this person feeling? What role is s/he playing? What is s/he doing? How is s/he doing it? Record the counter role in the space provided. (*If appropriate/relevant, ask who the other person's role model may have been.*)
- Can you connect what is happening in this picture with other things in your life? How has it marked or impacted you? How has it affected your personal and /or professional life? How has it affected the way you relate to others? Briefly record your thoughts in the "Discoveries" box.
- Do you like this picture?

Serious Play: Create the ideal "Re-write"

- Close your eyes once again. Imagine the same situation or incident but the person who hurt you is much smarter now. This person acts in a way that makes you feel great. S/he values you. Project yourself into that ideal and really be there.
- Choose another figure to represent you. Place it on the template in the right upper box marked "Ideal". Bend and shape the figure to show how great you are feeling in this ideal situation /relationship.
- Use other figures and props to show who else and what else is relevant to this ideal situation. Place and position the figures to show what is happening.
- Looking at the figure you have used to represent yourself in this ideal situation, what is s/he feeling? What is the other person feeling?
- What is s/he saying to the other person? What is the other person saying to you?
- What role are you playing? What are you doing and how are you doing it? Record the role in the space provided. (*Help the person name the role*)
- Have you played this role before or seen it played before? Who is/was your role model? Remember, it may not be a real person; it could be a character from a novel or movie. Record the role model in the space provided.
- Rotate the template and look at it from the other figure's perspective. What role is the other person playing? What is s/he doing? How is s/he doing it? Record the Counter Role. (*If appropriate/relevant, ask who the other person's role model may have been.*)
- Can you connect what is happening in this ideal picture with other things in your life? Is it familiar to you? Have you played this role before or interacted with others in this way? How has playing that role equipped you personally and/or professionally? Briefly note down any thoughts you have about this in the "Discoveries" box.
- Do you like this picture?