



50 SANDTRAY THERAPY DIRECTIVES

Build a tray about...

For school-age children:

- Your family
- Your friends at school
- Your typical day
- One side being the best part of your world/other side being the worst part of your world
- One side as when you feel happy/other side when you feel sad
- Your favorite things
- The scariest thing in your world
- How you calm down when you are feeling upset
- What each of member of your family does most often
- What you want to do when you grow up

For teenagers:

- A timeline of your life
- Your happiest memory
- The hurdles you face now
- Your ideal future
- What love looks like to you
- The most important things in your life
- Marriage/commitment

- Your daily routine
- What you see when you look in the mirror
- Your worst nightmare (either imagined or an actual dream)

For couples:

- Each person in the couple builds what his or her marriage feels like for them
- Their first date
- What the other person would say they need to change (3 things), such as make a tray about what your partner would say you need to change
- A fun day in the past
- Your biggest hurt from the relationship
- Hurdles you need to overcome for the relationship to be happier
- What you like best about your partner
- Each partner makes a tray about what they each like to do and then the couple brings those things together and makes a tray together about what they would be willing to do with the other person or shared interests
- Your family- either nuclear or extended
- How each partner likes be shown care or love

Adults:

- Your hope for the outcome of therapy
- Your one biggest struggle
- Your happiest childhood memory
- Your saddest childhood memory (could combine this with the happiest childhood memory)
- What shame means for you
- What it feels like to feel shame
- How others can show you love
- What would take to stand up for yourself
- The best day possible
- You family (kids, husband, parents, etc)
- What you would want to do if today was your last day alive
- Your thoughts as your feet hit the floor in the morning

- Your motto for your life
- Three things you can do tomorrow to feel better
- What your mom/dad would say about you if they were to make a tray about you
- Your best/worst attribute or characteristic
- 5 things you tell yourself every day
- How your life would be different if _____ was not in your life/heart (i.e. depression, divorce, hatred, etc)
- Your feelings as you lay in bed at night
- Your favorite part of life