



50 (MORE) Directives for Your Sandtray Sessions:

School age/adolescent

Your favorite day at school

How you feel when you walk into school

What you want to be when you are an adult

What being an adult means to you

Your biggest heartbreak

What happy looks like

What happy feels like

A perfect family

Love

Your best friend

Your best memory with your family

What you think success looks like

What is other people's fault/What is your fault (one side of the tray for each)

A circle of those who most influence you

Couples

Your marriage in the last 2 weeks/first 2 weeks

What you need from your partner to heal

Your favorite/least thing about your partner

What your partner would say about you when asked his/her favorite and least thing about you

3 ways you show love to your partner

Each partner's shame reaction, such as lashing out or crying.

The best way you both make up after a fight

Adults

Your feelings in a typical day at work

Your biggest wish

Your parents and grandparents. Choose a miniature to represent each and then a miniature to represent their relationship with each other (Similar to a genogram)

Your funeral (encourage client to give voice to the miniatures)

The time line of your life

What goes through your mind when you are wanting X (cigarette, pills, food etc)

What causes you to wake up sweating at night with panic

3 coping skills you often use

3 positive self-statements/3 negative self-statements (on each side)

What sadness feels like in your body

Your inner community. Those voices you hear throughout your day from your past, either good or bad.

Your biggest challenge at work

What superhero you would likely be- what superpowers do they have?

The feeling of longing

Your worst fear

Your biggest pet peeve

Your best/worst quality (each side for one)

When you feel the most loved

Aloneness

What it feels like when your parents fight

How it feels when your friends leave you out

One thing you can do differently in your life to make it better

Guilt

Shame

What makes you smile

When you feel most connected to others

Your proudest/least proud moment

The phrase "Before I die, I want to..."

Your biggest trigger for anger

Your earliest memory

Who/what you love most