

# 16 Processing Prompts for Adolescents and Adults in the Sandtray

Use these prompts as a guide to help your client go deeper within the sandtray. Remember, you aren't a fortune teller or a magician, you're a healer with a special tool – sandtray therapy.

Always pay attention to your gut and what your body is telling you. Again, these are meant to be used as a guide, not as a rule.

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## Some of the common phrases I'll use..

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- Tell me more about..
- I noticed this when..
- You took a deep breath here..
- You have this over here, but then this over here..
- Some of the common phrases I use..
- Where in your body do you feel..
- This space doesn't seem to have much, but this has a lot..
- I wonder...
- What would it be like if..
- Some of the common phrases I'll use..
- If your stomach/chest/head could talk, what miniature would it speak most to or from?
- Tell me about how you are feeling now vs how you were at the beginning..
- Help me understand..
- So that X (miniature) is your father, tell me more about what makes it your father..
- So it seems like.. (reflection statement)
- How is/was this for you (use towards the end)
- If you could change one thing about the tray to make it how you want it, what would it be? (similar to the Jack in the Box)
- You seemed to be...

\*Remember processing of a teenager or adult sandtray requires training so as to not cause harm for the client. Ensure your client has sufficient coping skills to handle any negative feelings that arise from processing of the tray.