
## Solo - Paired -  Group - Guided

Welcome to WordTrails!

There are many ways to enter this game, which basically fall into four categories: Solo, Paired, Group and Guided expeditions.

You may want to begin with a solo exploration, you may want to start with one close friend, be ready to jump right in and play with more people, and you may be meeting WordTrails through a facilitator who will guide you on the path.

Whichever entry point you choose, and wherever it leads you, the foundational intention for WordTrails in every scenario is to explore what is inside us and between us with the intention of becoming more aware of what is there, synching up and getting back in touch with how many possibilities and actions there are, and working with it to find and reconnect with what is desired and valued, as we move forward.

**Solo.**
This is a chance to get comfortable with it, and make it your own before you share with others. You might just mess around with it and see what's there, how it feels, what happens. You might be carrying some situation that you'd like to mull over and consider.

This space has been described as being a place where these things can happen:
"Catching up with myself"
"I just want to stop the world for a minute"
"How can I slow it all down?"
"Just back off and give me time to think"
"Let me find my footing"

**Paired**
Paired play offers a gentle step into including others into your introspective space, without it being overwhelming.

**Group**
This is the most random sort of play, because it brings in the variable of others - but in a managed way. They are present and you are interacting, so you are getting a chance to watch things unfold between you. You remain in your power with everything inside you, because that is your private territory. You don't have to share anything you don't feel like sharing, and no one can challenge that. It's not up for debate: what is yours remains yours until you decide to share.

Depending on the crowd, group play can be a raucous mix of people around the campfire, laughing, having a beer together while telling each other mule wreck stories - or a gathering of friends having a quieter experience going deep.

**Guided**
Guided play can be solo or group - the distinction is that this is a space with an additional level of intention for an outcome. The entry into the game is led by a person who has helped to set parameters for the conversation, and will be acting in service of an agreed on more specific intention.

An example of pure solo play in the guided space might be a therapist helping a client get in touch with what is going on inside them. But any of the examples below might well begin with individuals engaging in solo play to start, to get comfortable, and to get a better feel for their own experience before they begin to share.

**WordTrails could be described as a tool that eases and accelerates the process of transitioning** to new or different roles in a good way - remembering the values that brought you together, holding and honoring what is still true and desired and letting go of whatever is ready to be released. Some examples:

**For married couples:** *I know we've both been super busy and it feels like a long time since we just caught up with ourselves and each other. How about a game this evening?*

**For parents and growing children.** *I'd like a chance to get a feeling for who you are, as you grow and come into your own. I'd like a chance for you to get to know me better as well, now that you're becoming an adult. Would you like to play together?*

**For mediators of divorcing parents**: *This divorce is happening, and while we may have our very real animosities, we are both deeply committed to making this experience as good as it can possibly be for our children.*

**For Veterans returning to family and civilian life**: *I am returning home from a situation where I have been deeply bonded to and an integral part of a unified and powerful team, in a way that seldom happens in civilian life. Who am I, without my team? What can I find that feels as good as that did, back here in "normal life"?*

**For corporate leaders:** *I need clear information from my team. I need them to forget that I am the boss sometimes, and treat me like a peer they will tell the truth to. How can I achieve that while still maintaining my position, which will never not be true. I'm never not going to be the boss - but how can I open this channel between us and get the real information I need?*

**For creative collaborators:** *I know that as co-creators and as humans, we go through this period of sorting, as we enter a project. Needing to understand and get comfortable with who knows what, who will lead, who will follow, how this will work, the sorting of ideas, the opening of communication without unnecessary turf protection. I know it's a thing - and is there a way we can accelerate the process of synching up and getting really good together?*

In any of the play scenarios, trust, sharing and bonding will deepen with time spent on the trail together. We recommend planning on making a few journeys together. For couples, families or teams who want to remain synched up, consider scheduling regular play.

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Solo Play Ideas

Choose a question card, lay it on the table, and find answers from around the table. Let it develop organically. Add action cards occasionally.

Pick one chip of each color, either randomly without really looking at them, or with intention. The intention can be anything:
Most resonant
Least resonant

What I wish I could answer
What I don't want to look at
Etc

Start playing with the chips, arranging, see what goes where, watch how they shift as you work with them. Come to a pattern that feels complete. Consider finishing with an action card.

Lay the question cards out and choose the smallest number of chips that sum up an answer for this moment. For some it may be easy to have a single answer…others will need more. See if you can get it down to no more than three for any one question. Consider finding an action card that feels resonant once you are complete.

Lay down an action card. Using the spinner, pick a chip from the color indicated, build trails.

Consider setting up a regular game, and creating an imaginary other player by making a random choice for “them”, then continuing to make your own choices.

Use the trinkets as you normally would, and as you imagine they might.

The other player may be entirely fictional, or someone you wish you could play with, living or otherwise. Human or otherwise. Might be food. Your house or car. Your pet. Your dream.

Play just with action cards. See what happens. Add chips if you end up wanting to.

Imagine someone you would like to be able to say something to.
This might be loving, or angry, or frustrated, or resentful…whatever you are feeling.
Imagine what you'd like to be able to say to them, let it build, and watch it evolve.
Sprinkle in action cards liberally. Feel free to make your own action cards if more are needed.
Be as direct as you like…after all, this is just you and you, with no explanations, simply you being where you are.

If you are approaching the game for the first time and just don't know how or where to begin, simply pull out one question card…or one action card…and maybe three chips, lay them on the table together and sit with them.

Listen for what wants to happen next.

Do that.

This instruction, “do that" includes any possible next move, including the choice to walk away, if that's what you want to do.

You can bring yourself back, or your Self will bring you back, when you're ready and it's a full on yes for you.