Conflict Pause and Return - Scenario Card Exchange

30 minutes | 3-12 people | Adults with trained group facilitation

Create a pause statement, regulation options, and a realistic return plan for a low-stakes disagreement.

Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

Meet the fictional case - 4 minutes

A member and housemate speak faster as tension rises. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Card sort - 16 minutes

Create a pause statement, regulation options, and a realistic return plan for a low-stakes disagreement. Using only the fictional case, make cards for the goal, a contextual barrier, an available support, an alternative, and a possible next step. Sort them into what is known, what needs checking, and what requires outside help; discuss cards that can fit more than one place.

Reflect and compare - 4 minutes

What prevents the pause from becoming abandonment? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

Practice output

A card arrangement showing facts, questions, and support needs.

Scope and care

Use ordinary or fictional examples, not graphic substance-use stories or cue exposure. No competitive abstinence scoring, forced disclosure, or required pathway. These plans do not manage intoxication, overdose, withdrawal, or medication changes; follow individualized care and appropriate medical assessment. Joint exercises are unsuitable where coercion, violence, fear, or retaliation may be present; arrange private clinical assessment and appropriate support.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, GP03, RF-SUR. Full source links: library.morethantherapy.org/group-activities/GRP833