

## INSTRUCTION FOR Loving To Know You for ...

The game creates an open atmosphere and helps couple to get to know each other better, to have more understanding and intimacy on their relationship.

### Uniqueness of the game

- All the players are winners; there is no competition.
- The duration of the game is up to the players to agree upon.

### The game consists of:

- task cards – 65 pc
  - cards with pictures – 20 pc
  - and ‘thank you’ tokens – 10 pc
- Pens or pencils are necessary for each player.

### Preparation for the game

- **Duration of the game is agreed upon.** Recommended duration is one and half or two hours.
- Task cards are placed into deck, background pictures upwards.
- Cards with pictures are spread on the table, pictures upwards.
- The ‘thank you’ tokens are shared between players.

### Course of the game

#### I Introduction

- **The ‘thank you’ tokens** can use in showing appreciation towards the partner (as a ‘like’ icon). Player can give a ‘thank you’ button to the partner after having performed a task, e.g., when his/her answer was important, surprising, funny or touching. It can also be used for showing support towards the partner’s ideas. One can also give away the ‘thank you’ buttons received from another player. Giving the buttons is not a competition and score will not be kept.
- **Both players will choose a card from cards with picture that attracts their attention or seems important at this particular moment.** These cards will remain with the players at first, other cards with picture will be placed back on the table.
- **The player who will start the game will be chose by flipping the coin.** In the first round the player will show the chosen picture to other and explain why he/she chose it. Players take turns to speak. After introduction, these cards will put back to picture’s cards deck.

#### II Main part

- **Performing the tasks.** In the second-round players take turns to pick cards from the task cards’ deck or from the activity cards`deck. A player will read out the text on the card and perform the task.
- **The main part of the game will continue as agreed before.**

#### III Conclusion

- **Exploring oneself.** Both players will take the new card with picture and will speak about their card – which connections the picture has with their present stage of life, trying to be more thorough than at the beginning of the game, e. g. “I am the ladder because it represents my constant movement towards the targets. Currently the target is ...” or “I see apples, they represent my new ideas. I just had an idea yesterday...”

Others can ask assisting or clarifying questions: Where are you in this picture? Which symbols do you see there? How do they relate to your life?

- **Positive feedback.** Both players will write their names on the top edge of the outward side of their card and pass the card on to the other player. The other player will write positive sentences, for example “I’m grateful for you ...” or “I really like your ...”. After writing the card will be given back to its owner and he/she will keep it as a memory from a nice companionship and a positive experience.

### **Recommendations**

- **If the player does not want to perform the chosen task, she/he can** give up the task by explaining sincerely why she/he do not want to perform it
- **It is agreed upon that everything happening during the game is confidential.**
- **Deprecating, criticize, pressurizing or interrupting other players is forbidden.** The questions allow everyone to decide how they want to answer. There are no right or wrong answers.

**Important information:** It is possible to buy extra decks of cards with pictures.

**Further information:** [www.avajaavasta.eu](http://www.avajaavasta.eu) and [www.facebook/ToKnowYou](https://www.facebook.com/ToKnowYou)