

Childhood

Place this deck face down, without shuffling.

Draw a card from the deck.

Write or draw on the card in dry-erase marker in response to the prompt.

Add the answered card to your hand.

Continue this process.

You can hold three cards in your hand.

When your hand is full, and you want to add a new card to it, you must **Let Go** of a card.

Either replace a card in your hand with the new card, or maintain your hand.

Blackout the area under the prompt of the card you have left out in permanent marker. The card has now been **Let Go**, and should be placed face up separate from the rest of the cards.

When there are no cards left in the deck, take the cards you **Let Go** and place them into the bag labeled Thank You.

Take your hand to the next Phase.

Adolescence

Lay out these cards and your hand face down in an even layer.

Move your hands around on the table in circles, shuffling the cards as you do.

Keeping the cards face down, set them back into a deck.

Take out the sand timer, the dry-erase marker, and the permanent marker.

Play the game as you did in **Childhood**, except this time, you must set the timer for each card you draw from the deck.

When you reach the cards that were in your hand in **Childhood**, they will be partially erased from your shuffling.

You may either fill them back in as they were, change them to represent something new, or **Let Go** of them as you have done before.

If the timer ends while you are answering a prompt, you must stop answering, but you may spend time deciding whether or not you will **Let Go**.

Take your hand to the next Phase.

Young Adulthood

Set up this Phase as you did in **Adolescence**.

Keeping the cards face down, set them back into a deck.

Remove the timer from the table, and take out the dry erase and permanent markers.

Play the game as usual: Answer prompts, and when necessary, **Let Go**.

Once the deck is empty, reflect on the three cards left in your hand.

Trace or rewrite your answers in permanent marker.

Take your hand to the next Phase.

Adulthood

Place this deck face down and do not shuffle the cards.

Keep your hand face up.

Go through the deck, answering each prompt in relation to a different card in your hand.

Place the new cards underneath the card they relate to.

No card in your hand can have more than one prompt underneath it. If you'd like to link a new prompt to a previously paired card, you must **Let Go** of the old prompt.

Once you have finished, use the permanent marker to trace or rewrite the new cards.

With the cellophane tape, attach the pairs back to back.

You should now have three double-sided cards.

Take your hand to the next Phase.

And Beyond

This deck is composed of three cards held in a card sleeve.

Lay out your hand on the table.

One by one, take a card from the sleeve and answer it.

Once you are done, place the remaining cards from your hand into a space in the card sleeve.

Proceed to the **Brown Envelope**.