

Cut along dashed lines.

TBH
INSPIRE 1.0

**REFRAME
THE AGE**

GAME CARDS



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Martin went to the hardware store to pick up a part he needed to repair his kitchen drain. He didn't find what he needed and asked for help. When the store clerk quickly found the part, Martin suddenly felt old and ashamed he hadn't seen it himself, even though it was buried behind other items on the shelf.

- Has something like this ever happened to you?
- Why do you think Martin "suddenly felt old?"
- How would reframing to take age out of this scenario change Martin's reaction?

Sue went to buy bathing suits for an upcoming beach trip. As she tried some on, she started to focus on how old her body looked and became more and more upset by her reflection in the mirror as she went on. She ended up leaving without any bathing suits at all.

- Has something like this ever happened to you?
- Why do you think Sue was upset by the changes in her body?
- How would reframing to take age out of this scenario change Sue's reaction?

Al just loves the time he spends tutoring reading with first graders at the local school. But last week he overheard two of the girls giggling and whispering that he talked like an "old person." He felt crushed and is finding it hard to go back.

- Has something like this ever happened to you?
- Why do you think Al felt crushed by the conversation he overheard?
- How would reframing to take age out of this scenario change Al's reaction?

Sylvia is very active in a local arts group. Several years ago, she started an annual sidewalk art show, which last year raised more money for the group than any other event. The board president recently called Sylvia to tell her they'd decided to give leadership of next year's show to a new, much younger board member. Sylvia was taken by surprise and started to wonder what she had done, or if the decision had anything to do with her age. But she was afraid to ask anyone.

- Has something like this ever happened to you?
- Why do you think Sylvia questioned her own actions in this situation?
- How would reframing to take age out of this scenario change Sylvia's reaction?

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Mary is a local photographer, known for her creative, whimsical family portraits. At a recent shoot, an old back injury suddenly flared up, making it difficult for her to move around. Luckily her assistant was really helpful, and they were able to complete the session. But the experience left Mary wondering if she was too old to keep working, even though she loved it.

- Has something like this ever happened to you?
- Do you think Mary is right to question her ability to keep working?
- How would reframing to take age out of this scenario change Mary's reaction?

Bill was widowed 2 years ago. His daughters keep bugging him to start dating, but he whenever he thinks about asking someone out on a date, he feels foolish and worries that he is just too old for that kind of nonsense. Even though Bill is lonely and would like to find someone special to spend time with, he just can't see himself on the dating scene.

- Has something like this ever happened to you?
- Why do you think Bill feels foolish and worries he is too old to date?
- How would reframing to take age out of this scenario change Bill's reaction?

Judy loves her regular 9:00 am yoga class, which is an important part of her exercise routine. Lately she's noticed the instructor has started moving at a faster pace and adding some positions that are harder and make her feel unsafe. She's started to feel like she doesn't belong in the class any longer and worries that even though she enjoys yoga, she may be too old to keep doing it.

- Has something like this ever happened to you?
- Why do you think Judy feels she is too old for yoga?
- How would reframing to take age out of this scenario change Judy's reaction?

Maggie was out to dinner with her family. She was thinking about what to order when the waiter came to her turn and she didn't hear him ask for her order. He then asked her again in a very loud, slow tone, rolling his eyes. Maggie was taken aback and embarrassed by the waiter's behavior, though her family told her she was overreacting.

- Has something like this ever happened to you?
- Why do you think Maggie felt taken aback and embarrassed by the waiter?
- How would reframing to take age out of this scenario change Maggie's reaction?

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John is in a church group that takes an annual volunteer work trip. The upcoming trip happens to be to a place John knows well, having been there before. However, at last week's planning meeting, it seemed no one listened when he spoke up, or folks talked over him, even though he knew the answers to many of the questions. Afterwards John felt down, and unsure of whether he was wanted in the group.

- Has something like this ever happened to you?
- Why do you think John felt down and uncertain whether he was wanted?
- How would reframing to take age out of this scenario change John's reaction?

Jessie belongs to a book group sponsored by her college, with graduates of all ages. They recently read a book about historical events Jessie lived through, and she shared her memories with the group. But Jessie was caught off-guard when a few younger members questioned her version of events and laughed, telling her "no one talks that way these days." Usually very chatty, Jessie felt uncomfortable speaking up again, even though she loved the book.

- Has something like this ever happened to you?
- Why do you think Jessie felt too uncomfortable to speak up again?
- How would reframing to take age out of this scenario change Jessie's reaction?

Tom and his son were on a road trip. When checking into their motel, they chatted at the front desk for a bit, asking for advice about a place to eat. After a few minutes, Tom started to feel that the clerk and his son were ignoring him and talking as if he wasn't there. He found himself feeling diminished, and lost interest in going out to eat, though he told his son he was just too tired.

- Has something like this ever happened to you?
- Why do you think Tom felt diminished and lost interest in going out?
- How would reframing to take age out of this scenario change Tom's reaction?

Chester joined a creative writing class at the local bookstore. A retired journalist, he was eager to try his hand at something different. About a month into the class, Chester shared his first short story with the group. While people seemed to like it, they questioned some of the words he'd used, with folks commenting that they were really "old school" and made the story hard to understand. Chester left feeling that perhaps he wasn't that good at creative writing after all.

- Has something like this ever happened to you?
- Why do you think Chester felt he wasn't good at creative writing?
- How would reframing to take age out of this scenario change Chester's reaction?