MIND MOTION
FAMILY THERAPY
Mental Health. Performance.

THE CONVERSATION SERIES

Let's Get Uncomfortable

THREE FREE CARDS

A little curiosity.
No performance required.

Answer. Laugh. Reflect. Pass.

Try a card. Take turns. Explore the optional follow-up, or pass. Keep answers private and ask before offering advice.

Explore the full deck - $15

Printable + phone-friendly PDFs.

FOR CONSENTING ADULTS / PASSING IS ALWAYS WELCOME

What is the least impressive thing you are genuinely proud of?

IF YOU WANT TO GO FURTHER

What makes it yours?

Passing is always welcome.

What do you keep researching instead of trying?

IF YOU WANT TO GO FURTHER

What would a small, reversible attempt look like?

Passing is always welcome.

What small act makes you feel remembered?

IF YOU WANT TO GO FURTHER

Have you told anyone that it matters?

Passing is always welcome.