



CARS 'R' US



Cars 'R' Us has its origins in Choice Theory and Reality Therapy and can certainly be used in conjunction with these approaches by specialist practitioners. However, the ways in which you use the cards can be as simple or as complex as you wish. For example, you might simply invite people to select cards that represent how they're feeling. Or you might use them to unfold a longer process like the Five-Step Approach to Change outlined in the *Cars 'R' Us* booklet.

Naming Feelings

Like *The Bears* and *Funky Fish Feelings*, *Cars 'R' Us* is perfect for naming and expressing feeling in all kinds of contexts including counselling and evaluation. While the cards have been designed with people from all walks of life in mind, we have often heard that they are especially popular in rural and remote communities where cars are highly valued.

Use the colourful fleet cards to ask questions like:

- Which card best describes how you are feeling now?
- Which card sums up how the last week (or month, or year) has gone?
- Which car would you like to be by the end of the year?
- Is there a card that describes how you are feeling 'on the inside' but a different card that describes what others might be seeing?
- If you are facing a problem, which card represents how you feel about this problem?

Taking Responsibility, Making Healthy Choices

Cars 'R' Us includes 16 'Know Your Vehicle' cards, each of which features a different part of the vehicle. For example, the Driver's Seat card can provide a starting point for conversations about responsibility. Only you can drive your car, and it is your responsibility and your right to do so. Some key questions to explore with the Driver's Seat card might be:

- What does being in the driver's seat mean to you?
- What responsibilities come with being in the driver's seat?
- How do you know when you are driving well?
- Who is driving your car?
- Do you allow backseat drivers to control your car?

The 'Know Your Vehicle' cards offer a range of metaphors for exploring specific issues more closely, such as goals and direction, coping with change and making good choices.

Knowing Your Car, Dealing with Problems

Cars 'R' Us can be used with young people and adults to explore a range of experiences including depression and anxiety. Use 'Know Your Vehicle' and Fleet cards to invite people to reflect on what happens to their bodies and how their actions, thoughts and feelings are affected. Some questions to try might be:

- Which Fleet card represents you when the problem is present?
- What's happening to your car when you experience the problem? What happens to your back wheels, your engine or windscreen?
- How does the problem affect your front wheels or your steering?
- How have you put the brake on the problem in the past?
- Can you choose a Fleet card that represents how you feel when the problem is less severe?
- Which parts of your car suggest strategies to help you keep the problem in check? What resources are in your toolbox?

Road Rules for Groupwork

Use *Cars 'R' Us* in groupwork to establish expectations and get everyone moving the right direction. Spread the cards on the floor or table where everyone can see them.

- Invite participants to each choose a card representing their special qualities or strengths.
- When each person has selected a card, lay out all the cards so they can be seen together.
- What rules or expectations does the group need to follow to keep all the cars safe on the road?
- What does the group hope to achieve? Are all the cars headed the same direction?
- Is the route or the destination most important? Is it OK for participants to travel different roads to achieve the group's overall goal? Do different learning styles, abilities or expectations need to be accommodated?
- Does everyone body have the resources they need? Are seatbelts on? Windscreens clean? Radio aerials tuned in?

CARS 'R' US

This kit of laminated, full-colour cards includes:
52 Fleet Cards (210 x 150mm)
16 Know Your Vehicle Cards (210 x 150mm)
10 Thinking Bubbles (150 x 100mm)
1 Journey Planner Card (210 x 150mm)
36-page booklet.
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