TOO MUCH / NOT ENOUGH SOCIAL PLAY

Playing together

While **Too Much / Not Enough** is designed for solo reflection, these **five group formats** allow people to play alongside one another while keeping individual sorting private and sharing entirely optional.



1 Parallel play

Everyone sorts their own deck at the same table at the same time. Piles remain private. Afterwards, share your toast if you wish. Presence with others is the primary point.

2 Toast circle

Players sort individually, then go around the circle once. Read your toast aloud and name one word you are taking with you. Listeners are encouraged not to comment, advise, or critique. A great response to each person is: “Thank you for sharing!”

3 Pair share

Play with someone you trust. Each of you sorts individually, then take turns sharing for five minutes each. One person shares what stands out to them while the other simply listens without asking questions, offering advice, or trying to fix anything. Swap roles after five minutes.

4 Team check-in

Teammates sort in private and voluntarily share just two cards: one from **About Right** and one from **Not Enough**. Being an observer and not sharing, but simply listening, is encouraged as well. This provides a low-risk gauge of team capacity without adding social pressure.

5 Nine-week journey

A group plays once a week for nine weeks, with each player recording entries in their personal guestbook. At the end, gather once to read aloud one or several notes written to your future self. Chat about the patterns you’re seeing in gameplay overall.

Universal ground rules

- **Not Therapy or Evaluation:** Never used for medical diagnosis, workplace surveillance, or performance tracking.
- **Hold Space, Don’t Fix:** Refrain from advice, diagnostic comments, or interpretations of anyone else’s toast. Or, ask if the person wants advice before offering.
- **Privacy First:** Card sorting is strictly private. You never have to explain a card, and saying “Pass” when sharing is always respected.
- **Full Autonomy:** Skipping cards, steps, or sharing turns is always permitted.

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