

Integral Game – Conflict Perspectives Adaptation

Goal

Use the color perspectives (Red through Turquoise) to explore and reframe a real-life conflict, gain new insights, and practise responding differently.

Setup

1. Ask for a volunteer who is willing to bring a **real-life conflict** (personal or work related) into the group.
2. Lay out the color decks **Red through Turquoise** separately.
3. For the chosen color of the current round, each player either **selects a card** from that color or **draws one at random**.

Playing a Color Round

1. **Explain the color perspective** briefly (Red, Blue, Orange, Green, Yellow, Turquoise).
2. **Enact or discuss the conflict** through that color:
 - Players speak, role-play, or act as if they were approaching the conflict from that perspective, guided by their card.
3. Let the discussion/role-play run for about **5 minutes**.

Reflection After Each Color

Pause and ask:

- *What did you notice?*
- *What insights arose?*
- *Which different perspectives did you experience?*
- *How might you engage the conflict differently now?*

Notes can be captured on a flip chart or in journals.

Continue Through the Colors

Move sequentially through **Red → Blue → Orange → Green → Yellow → Turquoise**. Each time, draw or choose new cards from the next color and repeat the process.

Closing

After all colors have been played, hold a longer reflection on:

- What shifted in your view of the conflict?
- Which perspectives felt natural, which were new or challenging?
- How will you apply these insights in real life?