BGT™

Board Game Therapy™

Extended Edition

The Lord of the Rings: Duel for Middle-earth

TABLE Method™ Game Guide



Play. Connect. Grow.

INSIDE THIS GUIDE

How to use this guide

An extended TABLE Method™ companion for The Lord of the Rings: Duel for Middle-earth. The game is not included; play by the rulebook in your box.

RUN THE GAME

At a glance and rules summary 3

Why this game, and the TABLE plan 4

Running the session 5

The five-rung debrief 6

Fit, access, and repair 7

Rule variations (4) 8

PLAN THE SESSION

Session plan: host or teacher 10

Session plan: coach 11

Session plan: licensed clinician 12

A three-session series 13

FACILITATE WITH DEPTH

Facilitator prompt bank 14

Debrief question bank 15

Adapting for ages, group sizes, and access 16

Troubleshooting 17

PRINTABLES

One-page desk card 18

Table agreements card 19

Session planning sheet 20

Chapters and victories log and after-session notes 21

Participant reflection (fillable) 22

CREDITS AND LICENSE

Credits, sources, scope, and evidence 23

License and permitted use 24

START HERE

For a first session, read pages 4 to 6, pick the session plan for your role, and print the desk card and agreements card. Everything after that is there when you need it: more prompts, more debrief questions, adaptations, and fixes for common problems.

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AT A GLANCE

The Lord of the Rings: Duel for Middle-earth at the table

A short two-player duel: take chapter cards and race toward one of three victories. A TABLE Method™ companion for a game you already own. This guide does not include the game.

Edition	Repos Production English rulebook (2024 file), base game
Players	2 only
Session plan	Learning session: about 75 minutes BGT window; may end unfinished
Materials	Base game; the Allies expansion left out

PLAY BY THE RULEBOOK IN YOUR BOX

This summary is a session aid, not a substitute for the published rules, and it leaves out details. Repos Production rulebook, publisher-hosted PDF pp.1 to 8. Editions differ; if your rulebook says something different, follow your rulebook.

In the BGT book: Independent TABLE Method companion facilitation; no book chapter placement or tested outcome is asserted.

How the game works, in brief

One player leads the Fellowship and the other leads Sauron. Over 3 chapters they take turns taking cards from a shared layout or Landmark tiles, building Skills, Coins, Units and Race alliances. A player can win at once in three ways. Talk about the two sides as game roles only.

1. Setup: choose or randomly decide who plays the Fellowship and who plays Sauron. Each side starts with 2 Units on the central board, the Fellowship takes 3 Coins and Sauron 2, and 3 Landmark tiles are laid face up (p.2).
2. Sauron begins. On your turn either take an available Chapter card, one not covered by any other card, and play it or discard it for Coins, or take a Landmark tile and place a Fortress (p.3).
3. Cards and tiles cost Skills or Coins, and you may pay 1 Coin per missing Skill symbol. From chapter 2, a matching chaining symbol lets you play a card for free (p.4).
4. Grey cards give Skills, Yellow cards give Coins, Blue cards move you on the Quest of the Ring track, Green cards give Race symbols, Red cards place Units, and Purple cards, only in chapter 3, give maneuvers (p.5).
5. Placing or moving Units into a region with enemy Units starts a conflict: each player removes one Unit at a time until one side has none there (p.7). Alliance tokens are revealed to both players; there is no hidden information (p.6).
6. Win at once by completing the Quest of the Ring, by gathering 6 different Race symbols, or by being present in all 7 regions. Otherwise, after chapter 3 the player present in the most regions wins, and a tie shares the victory (p.8).

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THE TABLE PLAN

Why this game, and how to set it up

Both players draw from the same card layout, so each choice also changes what the other player can take next. That gives a clear way to talk about reading the other side, choosing between several goals, and keeping a quick contest friendly, all inside the game.

T **Target.** Notice how each player reads the other side's next move, how they choose among three victories, and each player's ownership of their side.

Relational demand: Choose discussion depth with participants; no formal stage or ability rating is assigned.

A **Assess.** Check the player count, the time, and whether the game serves today's goal.

- Does everyone want a short two-player contest with a fantasy theme?
- Can each player read card costs and symbols with chosen support?
- Do we have exactly 2 players?

B **Build.**

- Show one turn with samples: take an available card, pay its cost or discard it for Coins, then reveal any newly available cards. Reset the samples first.
- Agree Pass for optional reflection, Pause for a break and Fold to halt play immediately for the whole table, plus a visible signal. These are session agreements, not new game actions.
- Offer reflection at the end of a chapter, never during a turn or a conflict. A real Fold halts the whole table immediately.

L **Lead.**

- Name a taken card or a lost region as a game result, not a personal defeat.
- Leave every card and tile choice with its owner.
- Read card text aloud on request without advising.

E **Extract and Extend.** Debrief in order: Board, Self, Us, Life or Work, Extension. Ask what participants make of the game. Do not tell them.

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FACILITATOR SEQUENCE

Running the session

Opening script

> *"We play the Repos Production base game rules. Each player chooses their own cards. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

Suggested timing

SEGMENT	TIME
Agreements and fit	5 min
Teach and reset	15 min
Play within chosen window	40 min
Optional reflection	12 min
Close and reset	3 min

Adjust to your group and to the official rules. Use the agreed session boundary; an early stop is unfinished, not a new official victory.

Planned pauses

WHEN	ASK
At the end of a chapter	Which card mattered most this chapter?
After a conflict	Was the result clear?
At close	Did either side win, or is this unfinished?

Agreements and signals

Pass: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. Pause: say "pause" for a break. Fold: say "fold" or use the agreed nonverbal signal, and play halts for the whole table. No explanation is required.

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EXTRACT AND EXTEND

The five-rung debrief

Start at the board every time. Each person decides how far to go, and the group can end at any rung. Passing on any rung is allowed, and the later rungs are optional.

RUNG	QUESTION
Board	Which card changed the game most?
Self	Did you have enough time to choose each card?
Us	Did we keep the duel fair and kind?
Life or Work	If you choose: how do you work out what someone else needs next?
Extension	Which table agreement would you keep next time?

LISTEN FOR THE PARTICIPANT'S MEANING

If someone connects the game to life or work, ask what fits and what does not. If no connection fits, leave the moment in the game. The person who played decides what it means.

Closing check

"What would you like to keep, try, or leave at the table?"

Record a chosen step only if that belongs in your normal role and documentation.

FOLD OR CHANGE COURSE

Signals: say "pass" to skip optional reflection, not an invented game move, "pause" for a break, and "fold" to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

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FACILITATOR JUDGMENT

Fit, access, and repair

The participant's account carries more weight than a guess about their behavior.

A LIKELY PINCH POINT

A card taken just before your turn can feel personal. The more experienced player may explain the other side's options unasked.

A WORKABLE ADJUSTMENT

Use the card readback and the victory check. Ask before giving any advice. Agree on any adjustment before play, and name it as an adaptation. Do not require anyone to disclose a disability or explain their needs to the group.

AFTER TENSION

End personal remarks, restate that taking cards is part of the rules, offer a break, and close unfinished if wanted. Describe the sequence, not a motive. Accept a pass. Continue only if the group is ready.

Different roles, same game

HOST OR TEACHER

Check that both players want a short two-player contest before teaching.

COACH

Invite one voluntary focus on reading the other side's next move. Results are not ratings of people.

LICENSED CLINICIAN

Confirm consent for a fantasy conflict theme within your own practice; do not read card choices as a clinical sign.

An accessible alternative is better than insisting on a rule that prevents someone from taking part. Say when you are adapting a rule, and agree on it before play. The rule variations come next.

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RULE VARIATIONS

Rule variations for different goals

Small rule changes let one box serve different goals. Each variation below names the change, the objective it targets, the group it suits, what to watch for, and a debrief prompt. This guide has 2 rulebook settings or practices (not separate variants) and 2 BGT house rules.

FROM THE RULEBOOK · NOT A SEPARATE VARIANT

Sides at random

RULE CHANGE	Randomly decide who plays the Fellowship and who plays Sauron, as setup allows (p.2).
TARGETS	Remove the pressure of choosing a side.
SUITS	Pairs who both want the same side.
WATCH FOR	Swap sides next game if wanted.
DEBRIEF PROMPT	“Did the random side feel fair?”

FROM THE RULEBOOK · NOT A SEPARATE VARIANT

Color blind symbols

RULE CHANGE	Use the symbol printed for each card color to tell colors apart (p.1).
TARGETS	Make card colors readable for everyone.
SUITS	Any player who prefers symbols to colors.
WATCH FOR	Name the symbol, not the color, when talking.
DEBRIEF PROMPT	“Were the card types easy to tell apart?”

BGT HOUSE RULE · NOT AN OFFICIAL RULE

Card readback

RULE CHANGE	When a card is taken, its player may read its cost and effect aloud; the opponent may ask for it.
TARGETS	Keep every card easy to follow.
SUITS	Pairs new to the game.
WATCH FOR	A readback is a fact, not a warning.
DEBRIEF PROMPT	“Was each card clear?”

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BGT HOUSE RULE · NOT AN OFFICIAL RULE

Victory check

RULE CHANGE	At the end of each chapter, each player says how close they are to each victory, if they choose to.
TARGETS	Keep the three wins in view.
SUITS	Pairs who forget a victory track.
WATCH FOR	Sharing is optional; a pass is fine.
DEBRIEF PROMPT	“Did the check help?”

BGT ADAPTATIONS ARE NOT REPOS PRODUCTION RULES

A BGT house rule is a facilitation adaptation written for this guide. It is not part of the official rules of The Lord of the Rings: Duel for Middle-earth, and no publisher endorsement is asserted. Tell players when you are using one, and agree on it before play. Use one variation at a time so you can see what it changes.

Our game-specific agreement

Each player owns their side, cards and Units. Taking a card the other player wanted is part of the rules, not a slight. Alliance tokens are open information, so we read them aloud when asked, and we explain the other side’s options only when asked.

BGT session agreement: Pass skips optional reflection, not a legal turn. Pause offers a break; Fold halts the whole table immediately. Close unfinished if chapter 3 is not finished in the window. These are facilitation boundaries, not an official timed victory.

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SESSION PLANS BY ROLE

Session plan: host or teacher

WHO THIS PLAN IS FOR

For hosts, teachers and librarians choosing a game that fits their group. Offer a useful teach and an optional concrete conversation, not an assessment.

SEGMENT	TIME	WHAT TO DO
Welcome and fit	**5 min**	Check that both players want a short two-player contest before teaching. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**15 min**	Show one turn with samples: take an available card, pay its cost or discard it for Coins, then reveal any newly available cards. Reset the samples first.
Play with choice	**40 min**	Offer reflection at the end of a chapter, never during a turn or a conflict. A real Fold halts the whole table immediately. Let each player choose cards, tiles and moves; read text only on request.
Optional reflection	**12 min**	Which card changed the game most? Did we keep the duel fair and kind? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 75 minutes. Shorten play before you shorten the agreements or the close.

Before you start

☐ Your copy of The Lord of the Rings: Duel for Middle-earth is complete, and you have read the rulebook in your box.

☐ Seats let everyone see and reach the play area.

☐ The agreements card is printed or on display.

☐ You know which variation, if any, you will use, and you will name it before play.

☐ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Stay at the Board and Us rungs unless the group moves on by itself. If something personal comes up, listen, thank the person, and return to the game. If someone seems to need support, follow your setting's own procedure.

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SESSION PLANS BY ROLE

Session plan: coach

WHO THIS PLAN IS FOR

For coaches and team leads. Let participants choose a process to notice. Scores and decisions are not ratings of people or evidence of transfer outside play.

SEGMENT	TIME	WHAT TO DO
Choose a focus	**5 min**	Invite one voluntary focus on reading the other side's next move. Results are not ratings of people. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**15 min**	Show one turn with samples: take an available card, pay its cost or discard it for Coins, then reveal any newly available cards. Reset the samples first.
Play with choice	**40 min**	Offer reflection at the end of a chapter, never during a turn or a conflict. A real Fold halts the whole table immediately. Ask before giving a prompt; accept any legal choice without asking why.
Optional reflection	**17 min**	Which card changed the game most? Did we keep the duel fair and kind? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 80 minutes. Shorten play before you shorten the agreements or the close.

Before you start

□ Your copy of The Lord of the Rings: Duel for Middle-earth is complete, and you have read the rulebook in your box.

□ Seats let everyone see and reach the play area.

□ The agreements card is printed or on display.

□ You know which variation, if any, you will use, and you will name it before play.

□ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

Keep the focus on the skill the group chose, not on judging individuals. Do not interpret game moves as evidence about a person. Life or Work links are optional and come from participants.

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SESSION PLANS BY ROLE

Session plan: licensed clinician

WHO THIS PLAN IS FOR

For licensed clinicians within their own training, consent, license and records practice. This session shape is not a treatment plan, diagnostic tool or clinical protocol.

SEGMENT	TIME	WHAT TO DO
Purpose and consent	**7 min**	Confirm consent for a fantasy conflict theme within your own practice; do not read card choices as a clinical sign. Agree Pass/Pause/Fold and the closing plan before teaching.
Teach and reset	**15 min**	Show one turn with samples: take an available card, pay its cost or discard it for Coins, then reveal any newly available cards. Reset the samples first.
Play with choice	**40 min**	Offer reflection at the end of a chapter, never during a turn or a conflict. A real Fold halts the whole table immediately. Notice upset after a lost region; offer Pause without needing an explanation.
Optional reflection	**15 min**	Which card changed the game most? Did we keep the duel fair and kind? Later rungs stay optional; accept a pass and no personal inference.
Close and reset	**3 min**	Name the actual ending or mark unfinished. Ask keep, try or leave. Record public process notes only, following your role and privacy duties.

Total: about 80 minutes. Shorten play before you shorten the agreements or the close.

Before you start

□ Your copy of The Lord of the Rings: Duel for Middle-earth is complete, and you have read the rulebook in your box.

□ Seats let everyone see and reach the play area.

□ The agreements card is printed or on display.

□ You know which variation, if any, you will use, and you will name it before play.

□ You know what your setting expects if someone needs support.

STAY INSIDE YOUR ROLE

This guide is not a treatment plan, assessment, or outcome measure. Use it only where it fits your license, training, and setting. Consent, clinical fit, confidentiality, and documentation remain your responsibility.

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SESSION PLANS BY ROLE

A three-session series

For groups that meet more than once. Each session uses the core plan in this guide; the series only changes the setup and the debrief focus. Skip or repeat a session whenever the group needs it.

SESSION	SETUP	DEBRIEF FOCUS
Learn a round	Standard setup, samples first.	Board: cards, Coins, Units.
Protect choices	Repeat with the card readback.	Self/Us: ask before advising.
Choose scope	Swap sides or draw sides at random.	Extension: keep a friendly duel agreement.

Between sessions

- Use the title-specific session log for setup, public process and actual ending. Never turn it into a ranking, diagnosis or promised progress measure.
- Open each session by asking what people remember from last time. Passing is fine.
- Change only one thing at a time: one variation or one new rule.
- Close the series by asking what the group would like to keep doing together.

A NOTE ON PROGRESS

A series gives a group more practice with the same game. It does not promise any change outside the game. If a participant names a change they have noticed, that is their observation to share or keep.

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FACILITATE WITH DEPTH

Facilitator prompt bank

Pick one or two prompts, not all of them. Offer reflection at the end of a chapter, never during a turn or a conflict. A real Fold halts the whole table immediately. Every prompt can be passed.

BEFORE PLAY

"Who wants which side?"

"Are we choosing sides or drawing them?"

"What reading support is wanted?"

"Which visible signal means Fold?"

BETWEEN TURNS

"Which chapter are we in?"

"Was every card read back?"

"Is the pace still comfortable?"

"Is everyone comfortable continuing?"

AFTER A HARD MOMENT

"Is that a game move or a remark about a person?"

"Would a short break help?"

"Did anyone ask for advice?"

"Would we rather pause or close unfinished?"

CLOSING

"Did either side reach a victory?"

"If we close now, do we record unfinished?"

"Which agreement helped most?"

"What would you keep, change or leave?"

HOW TO ASK

Ask the whole table, then wait. Accept short answers and silence. Reflect what you heard in the participant's words, not yours. If a prompt lands badly, say so, and move on.

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FACILITATE WITH DEPTH

Debrief question bank

Extra questions for each rung of the five-rung debrief. Use them to replace or follow the core question, one rung at a time. The later rungs stay optional, and the Life or Work questions are always offered as a choice.

BOARD

- Which victory did you aim for?
- Which card surprised the table?
- Which region mattered most?

SELF

- Were the card symbols readable?
- Did a taken card bother you?
- Was the length right?

US

- Did we keep the duel fair?
- Did table talk stay friendly?
- Did each player own their side?

LIFE OR WORK

- If you choose: how do you guess what someone else needs?
- If you choose: how do you choose between goals?
- If you choose: how do you keep a quick contest friendly?

EXTENSION

- Would you try the other side next?
- Would random sides suit us later?
- Would you choose this game again?

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FACILITATE WITH DEPTH

Adapting for ages, group sizes, and access

Ages

Rating boundary	No age was confirmed from a retained publisher source; the selected rulebook prints no age.
Reading load	Read one card cost and the Player Aid together first.
Theme readiness	A fantasy conflict theme may fit differently.
Requested support	Agree literal readback without choosing cards.

Group sizes

1 player	Not supported by this rulebook.
2 players	The standard game: one player per side.
3 or more	Choose another activity.
Observers	Watch quietly or choose another activity.

Accessibility

Vision	Read card costs and effects aloud on request.
Hearing	Announce conflicts and quest moves clearly.
Motor	A helper moves Units and pieces as directed.
Language	Teach one turn with samples first.
Attention	Offer breaks at the end of a chapter.

No age was confirmed from a retained publisher source, and the selected rulebook prints no age. Readiness, theme and access notes are facilitation choices, not publisher requirements. Agree on any adaptation before play and name it as an adaptation. Nobody has to disclose a disability or explain a need to the group.

Choice and support agreement

Each player owns their side, cards and Units. Taking a card the other player wanted is part of the rules, not a slight. Alliance tokens are open information, so we read them aloud when asked, and we explain the other side's options only when asked.

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FACILITATE WITH DEPTH

Troubleshooting

Common problems at the table, with something to try first. If a fix does not work, stop the session rather than forcing play. A short good game beats a long hard one.

IF THIS HAPPENS	TRY THIS
Covered card taken	Only cards not covered by other cards are available.
Card blocked by a missing Skill	Pay 1 Coin per missing Skill symbol.
One Skill used twice in a turn	Each symbol may be used once per turn.
Enemy Fortress starts a conflict	A Fortress does not trigger conflicts.
Quest pieces moved apart	The distance between the characters only decreases.
Landmark extra cost forgotten	Add 1 Coin per Fortress you already have on the board.
Chapter ender starts the next chapter	Players keep alternating turns.
Window ends early	Record unfinished; do not declare a winner.

WHEN TO END PLAY

Signals: say “pass” to skip optional reflection, not an invented game move, “pause” for a break, and “fold” to stop taking part, or use the agreed card or gesture. If anyone folds, halt play at once. Check in privately, not in front of the group, and offer choices: a break, watching, changing the activity, or ending. The game can end without a deep debrief, and no one owes an explanation.

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ONE-PAGE DESK CARD

The Lord of the Rings: Duel for Middle-earth: quick guide

Standalone printable desk card. Print this page for the facilitator's seat. The game is supplied separately.

BEFORE

Show one turn with samples: take an available card, pay its cost or discard it for Coins, then reveal any newly available cards. Reset the samples first. Agree Pass for optional reflection, Pause for a break and Fold to halt play immediately for the whole table, plus a visible signal. These are session agreements, not new game actions.

SAY

> *"We play the Repos Production base game rules. Each player chooses their own cards. Pass skips reflection, not a turn. Pause offers a break; Fold halts play and we close unfinished."*

DURING

At the end of a chapter: "Which card mattered most this chapter?"

After a conflict: "Was the result clear?"

At close: "Did either side win, or is this unfinished?"

DEBRIEF IN ORDER

1. Board: Which card changed the game most?
2. Self: Did you have enough time to choose each card?
3. Us: Did we keep the duel fair and kind?
4. Life or Work: If you choose: how do you work out what someone else needs next?
5. Extension: Which table agreement would you keep next time?

> FOLD: to stop taking part, say "fold" or use the agreed signal. PASS: say Pass to skip reflection without explaining; in-game decisions still follow the matched rulebook. PAUSE: say "pause." NO INFERENCE: ask participants what, if anything, a game moment means to them.

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PRINTABLE · TABLE AGREEMENTS

Our table agreements for The Lord of the Rings: Duel for Middle-earth

Print and place in the middle of the table, or read aloud before play.

PASS

Skip a question or a share. No reason needed.

PAUSE

Take a break. The table waits.

FOLD

Stop taking part. Play halts for the whole table, and no one asks why.

We agree that

☐ Each player owns their side, cards and Units. Taking a card the other player wanted is part of the rules, not a slight. Alliance tokens are open information, so we read them aloud when asked, and we explain the other side's options only when asked.

☐ Game moves are game moves. We ask what something meant instead of guessing.

☐ Play halts if anyone folds, and we check in quietly, not in front of everyone.

☐ Sharing is a choice. We ask each other to respect what is shared, but other participants cannot promise confidentiality, so share only what you are comfortable with. The facilitator will explain how privacy works here, including any legal, clinical, or safeguarding duties that come first.

☐ Our nonverbal signal is: _____

Our adaptations today

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PRINTABLE · SESSION PLANNING SHEET

Session planning sheet: The Lord of the Rings: Duel for Middle-earth

Date _____ Group _____ Players _____ Time available _____

MY ROLE TODAY

☐ Host or teacher ☐ Coach ☐ Licensed clinician, within my license

TARGET (T)

Which perspective or card choice moment will we notice?

ASSESS (A)

Fantasy theme comfort, reading load and two players

BUILD (B)

Repos Production base game rules, no expansion

LEAD (L)

How will I avoid steering anyone's cards?

EXTRACT AND EXTEND (E)

Which public moment and optional prompt will we revisit?

IF TIME RUNS SHORT

Close unfinished if chapter 3 is not finished in the window

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PRINTABLE · TRACKER

Chapters and victories log

Record sides, public moments, the victory reached and the actual ending. Do not rate strategy.

SESSION	SIDES / CHAPTER	PUBLIC MOMENT	ENDING	NEXT AGREEMENT
1				
2				
3				
4				
5				
6				
7				
8				

House printable for voluntary process notes, not an assessment or a replacement for required records. Do not retain private content or infer traits.

After-session notes (for the facilitator)

Note how the session ran, not judgments about people. If your role requires records, follow your own setting's rules instead of this sheet.

What went well, and where did the plan not fit?

Rules, setup, or access changes for next time

Next session I will try (variation, prompt, or timing)

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R

REPRODUCIBLE SHEET · THE LORD OF THE RINGS: DUEL FOR MIDDLE-EARTH

Participant Reflection

Name or group (optional):

Date:

Game: The Lord of the Rings: Duel for Middle-earth

Use only if a written reflection fits the setting. You decide whether to share or submit this sheet. Your facilitator will explain any collection or storage before use. A spoken or drawn reflection works too. The five response boxes are fillable on screen.

My choice: keep this private / share a part / pass.

BOARD

Which card changed the game most?

SELF

Did you have enough time to choose each card?

US

Did we keep the duel fair and kind?

LIFE OR WORK

If you choose: how do you work out what someone else needs next?

EXTENSION

Which table agreement would you keep next time?

You can pass on any prompt. Leave it blank, write “pass,” or draw instead. No reason needed. Play is a prompt for reflection, not proof about a person.

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Independent companion

The game's name, its designers (Antoine Bauza and Bruno Cathala), and its publisher are given only to identify the game. This guide is not affiliated with, endorsed by, or sponsored by Repos Production, Middle-earth Enterprises, LLC, or any rights holder. Middle-earth, The Lord of the Rings, and the characters, events, items and places therein, are TM of Middle-earth Enterprises, LLC.

Sources

Publisher-authored Repos Production English rulebook for The Lord of the Rings: Duel for Middle-earth (copyright Repos Production 2024; PDF created 2024-05-16), hosted on the Repos Production storage of the Asmodee CDN and found by search. 8 pages. The product page refused a retained copy. The rulebook prints no age. https://cdn.svc.asmodee.net/production-rprod/storage/games/7-wonders-LOTR/rules/7dume-en01-rules-1725540544zdnes.pdf (retained November 9, 2026; SHA-256 4c0e32ba164b92754db2c62e91ac300d995fe2ccb878ad97e13959eae90c39c3). This is a facilitation summary, not a replacement for the matched rulebook. Check the rulebook in your box for your printing. Variations marked "Official variant" appear in that source, and variations marked "From the rulebook" use a setting, recommendation, or practice the rulebook describes rather than a separate variant. Variations marked "BGT house rule" are original adaptations and are not official rules. Session plans, prompt banks, adaptation notes, troubleshooting, and printables are original facilitation material written for this guide.

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Scope and evidence boundary

This is a facilitation guide for structured play. It does not diagnose anyone, and the game is not therapy by itself. Board Game Therapy is not inherently psychotherapy. This product is an educational and facilitation resource for structured play and optional reflection. It is not a psychological assessment, screening tool, diagnosis, validated outcome measure, treatment plan, or treatment protocol, and no educational, social, behavioral, or clinical outcome is guaranteed. Teachers, coaches, hosts, and other facilitators work within their own role and their organization's policies. Licensed professionals who use it in clinical services remain responsible for clinical fit, informed consent, confidentiality, documentation, and the standards of their license.

Evidence. Research on board games covers many games, settings, and populations, with real methodological limits. Two general reviews: Gauthier, A., et al. (2019). Board Games for Health: A Systematic Literature Review and Meta-Analysis. Games for Health Journal, 8(2), 85-100. doi.org/10.1089/g4h.2018.0017. Noda, S., Shirotsuki, K., & Nakao, M. (2019). The effectiveness of intervention with board games: a systematic review. BioPsychoSocial Medicine, 13, 22. doi.org/10.1186/s13030-019-0164-1. Neither review evaluated the TABLE Method™ or this product. The TABLE Method™ and these variations are practice guidance, not a validated intervention. Nothing here promises that what happens in the game will carry over elsewhere.

> If someone is in distress, end the game and use the support your setting already names. In a crisis, contact local emergency services or a crisis line.

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