

# Gefühlsmonster – First steps: Consulting and Training

Hello and welcome!

You would like to know how to use the Gefühlsmonster® cards in your work?

We recommend that you familiarize yourself with the cards first. If you have experienced their application first-hand, you can then better assess with which of your

customer/client/target groups and in which situations you would like to use the Gefühlsmonster® cards. On our website you will find tips and ideas for different fields of application. Browse and search for specific terms in the search field to find inspiration specific to your work.

Now let's start:

## Step 1: FAMILIARIZING YOURSELF WITH THE GEFÜHLSMONSTERS



Spread out the cards and look at them. You can do this either with a set of cards or using the free Gefühlsmonster scan on our website ([scan.gefuehlsmonster.de/](https://scan.gefuehlsmonster.de/) - with detailed instructions).

- Are there any Gefühlsmonsters that you spontaneously like?
- Do these representations remind you of situations that you have experienced?
- Or of other people, whom you have encountered in this attitude?

This is exactly what the cards do. Feelings – also representations of feelings – are contagious. That is why the cards that attract your attention have something to do with your own experience.



From here, you have two options: if you want to experience the cards more in-depth for yourself, go through steps 2 to 4 – as often as you like. This way, you lay a solid foundation for when you want to subsequently counsel others with the cards.

If you prefer to get acquainted with the cards in a more playful way, try step 5 first.

## Step 2: GETTING TO KNOW ALL THE CARDS

To get to know the individual cards, you can simply play with them. Either with a set of cards or using the free Gefühlsmonster scan on our website.

For example, you can sort the cards by colour, according to the intensity of the feelings shown, or according to those that you personally like more or like less – you will notice that interesting thoughts might emerge already during this game.



You are now ready for...

## Step 3: WORKING WITH YOURSELF

Have a look at the cards or at the Gefühlsmonster scan in a relaxed way and ask yourself: how am I feeling right now?

Let your eyes wander in an unfocused way over the cards. You may get deeper insights if you do not look for a feeling that you already

have in mind, but rather look without a specific objective and be surprised by the cards that “emerge”.

You will see that for each of the cards selected in this way you will recall a situation that has to do with you or that you have experienced.

## Step 4: WORKING WITH YOURSELF ON A SPECIFIC QUESTION

Now you can try working with the Gefühlsmonsters on a current question.


Choose a question from your current life which interests you. To start with, go for a relatively simple question to get used to this new tool. For example:

a) How do I feel with regard to project XY?

b) How do I feel with regard to the collaboration with XY?

c) How do I feel with regard to the invitation next Saturday?


Try and tune into your chosen situation. Then look – in an unfocused way as before – at the Gefühlsmonster® cards and again spontaneously select the cards that resonate with you.

 Preferably, select all the cards first before you start thinking about individual ones.

Now look calmly at the cards you selected, one by one, and ask yourself for every card:

“What does this card mean for me?”

With any luck you are already one step closer to an answer to your chosen question than before the exercise.


 If you feel bad because of the result, complete the exercise with the question:

*“Which card helps me feel better now?”* or

*“How would I like to feel?”*


Integrating the selected card somewhere in your day-to-day life can help you stay in the desired emotional state. You can find more information on this on the website under Self-Management in the areas of application and by using the search function.

## Step 5: MAKING UP STORIES

 This game is well suited to introduce the topic of feelings into groups in a humorous way, or to bring new groups together in a fun way.

The Gefühlsmonster® cards are spread out face down. You choose a card, give a name to the drawn Gefühlsmonster and think about something that this monster might just have experienced.

If you have a little practice, you can make up a coherent story. This exercise is suitable for groups from two to 25 participants.

 Rule: You must use the card you have drawn, whether it “fits” or not. This increases creativity ....

For example, it could start like this:



This is John, who is just coming

from a team meeting.



His colleague David was just out jogging and asks him why he looks so miserable.

Meanwhile, his colleague Nick is sitting next to the coffee machine enjoying his morning coffee.



John says: *“Leave me alone, I have to think.”*

Actually, he is feeling like this, but he doesn’t want to show this to his colleagues.



The boss comes by and asks indignantly what kind of meeting this is...

And so on and so on...

## Guidelines

Before starting your first consultation with the Gefühlsmonsters, please read these guidelines which have proven valuable in working with the cards.

- The key question is: What does this card mean for you? This ensures that you receive open answers and invites more detailed feedback on the card.
- The person looking at the images decides what he or she sees in the images.



- The person's own words with regard to the cards are more useful than

interpretations by the coach.

- Each character can and should be 'read' differently. Be prepared for surprising interpretations of the characters on the card by others.
- If helpful, the coach can then add his/her own feedback as to the meaning of the cards.
- The quality of work with the Gefühlsmonster® cards corresponds to the openness, flexibility and empathy of the coach.
- Please only use the term "monsters" if you can be sure that the people around you understand the playful meaning of the word. With children, you might prefer to use a different term such as "characters" or "little guys" - just use your imagination.