



Guidelines for working with the Gefühlsmonster® 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/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 cards 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.