

Gefühlsmonsters® – First Steps for Self-Management

- Are you sometimes looking for a magic potion to bring flow into stagnant conversations?
- Do you sometimes react very fiercely before you realize that you are angry?
- Are you interested in a tool that can help you reflect upon yourself in your everyday life?



Decide for yourself during which situations the Gefühlsmonsters could be helpful for you.

This works best if you experience the use of the cards for yourself. For that reason we wrote this piece for you.

Let's get started on the next page!

Then you are in the right place.

Step 1: FAMILIARIZE YOURSELF WITH THE CARDS



Look at the cards that are spread out in front of you. Use a set of cards or the Gefühlsmonster®-Scan online.

- Are there monsters you instantly like?

- Do the graphics remind you of a situation you experienced?
- Do they remind you of other people with whom you have experienced this attitude?

This is exactly what the cards will do for you. Emotions and representations of emotions are contagious. That's why the cards you feel drawn to have to do with your own experience and can help you to understand yourself and others better.

Step 2: GET TO KNOW ALL OF THE CARDS



To get to know the individual cards you can just experiment with them. Either use a set of cards or the Gefühlsmonster®-Scan online.

For example, you could sort the cards by colours, by intensity of the emotion or by likes

or dislikes. You'll notice that right away interesting thoughts will arise while you are working with the cards.

This is how you'll playfully arrive at...

Step 3: SELF-RELATED WORK



You'll notice that for each card that finds your attention there will be a situation or experience attached that has been on your mind. Take your time and take notes if that's helpful.

Let your eyes wander across the spread out cards, or the online Gefühlsmonster®-Scan, in a relaxed way and ask yourself:

"How am I feeling?"

You might receive deeper insights if you don't actively search for an emotion that you had been thinking about, but rather aimlessly wander and let yourself be surprised which card shows up.

(More information with extensive instructions about this technique at the Gefühlsmonster®-Scan online.)

Step 4: FOCUSED SELF-RELATED WORK

Do you have about ten minutes? Then you can work with the Gefühlsmonsters on an actual question.



Good news: if you become familiar with this technique the clarification will happen within minutes!

Choose a present question from your life that interests you. To get used to the new tool use a "minor" question, for example:

- a) How am I doing with regard to my upcoming holiday?
- b) How do I feel about the visit of a relative?
- c) How do I feel about the talk I'm supposed to give next Tuesday?

Focus on your question and then look at the spread of Gefühlsmonster® Cards - aimlessly, as above, - and spontaneously pick the cards that you feel attracted to, that resonate with you.

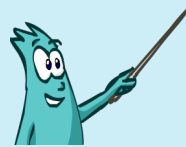


It's a good idea to pick all the cards you feel drawn to before you start analyzing them.

Put them in front of you separately and quietly look at them one after the other. Ask yourself with each card:

"What does this card mean to me?"

If you are lucky you'll already be one step closer to answer the question you had asked at the beginning of this exercise.



Hint: If you feel challenged about the result close the exercise with the question:

"Which card will feel good to me right now?" or

"How do I want to feel?"

If you display this chosen card well in sight around your desk it might help you to stay in the frame of mind you had wished for.

More about this on our website under Self-Management – in Areas of Application or using the search field.

Step 5: Game "MAKING UP STORIES"

And now for all those of you who like to play, here are two games that you might enjoy:

The Gefühlsmonster® Cards are spread out face down in front of you. You take turns with the other players picking a card, giving the monster you picked a name and talk about what it might have experienced just now. Each player does this in turn.

Example (Variation A):



This is Tom, having finished cooking just in time before his friends come for dinner.

This is Max who would have preferred to sleep much longer today.



This is Katrin who did really well in her test at school and is happy about it.

When you feel comfortable with this exercise you can start making up stories that connect the monsters.



Rule: The card you have picked must be used, no matter if it "fits" or not. This will improve your creativity...

And: Pick fictitious names, stories about present members could turn into unpleasant experiences, rather than the funny re-

sults you could achieve.

Example (Variation B):



This is Paul who has just been told that the majority of his friends voted for a hiking holiday in the mountains.

His friend Marie is happy, finally an action-packed holiday and not just sunbathing.



Peter is already off dreaming about clean air, sunny meadows and a cold beer at the mountain lodge.

Paul says: "No, absolutely not my idea of fun."



He actually feels like this, because he was secretly hoping to meet his friend Sophie again who he had met during their last trip to Crete.

And on and on ...

Finally a fun game that works as an energizer. Most people love it!

To try it out children are your best partners. They will agree to it more readily and their laughter will be contagious. Choose the topic accordingly.

How it goes:

The cards are spread out on the table upside-down.

1. Choose a topic, for example:

- Going to the DIY store
- A first date
- Welcoming a new neighbor
- Inviting someone to a party
- Holding a job interview
- etc. - please gather further ideas for topics with the people around you.

2. The first player picks a card and hides it. He then acts out the emotion from the card ac-

cordingly.

The others around may guess which monster it could depict. It's helpful if the group has an open set of cards or poster available to them to compare, unless they are very familiar with them already.



Not the exact body posture of the monster should be copied, but the mood the player experiences when looking at his/her card.

Then the next player takes their turn, picks a card, acts it out, the others guess, and on and on...

You will notice that the laughter will start as soon as the cards are chosen because they usually don't fit the topic!

Last but not least

We hope that you and the people around you will have great insights and much fun with the Gefühlsmonsters.

On our website you find more ideas for many areas of application. We invite you to have a look around, or search for special topics in the searching area.

If you have any questions don't hesitate contacting us. We offer individual coachings and workshops on topics relating to managing emotions.

The Gefühlsmonster Team