

Listening to you

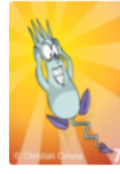
I tell about my feelings



1. How are you?

Question

I feel like this:



This morning I was frightened because...

And then I was furious about...

2. What does this card mean for you?

Accept

3. Oh. Hmm. So that is how it is

Suggest

4. Which card could help you now? How would you like to feel?

Maybe this:



It would help me to think of doing something good to myself

5. What does this monster mean/say?

or

A good wish

e.g. I give you this monster, it says "Everything will be fine!"



Thank you!