

Survey results for workshop *„I’m listening to you“*

Pandemic, Ukraine crisis, climate change ... The year 2022 also announced itself as a challenging time at the beginning of the year. How can we, as Gefühlsmonster GmbH and experts on the subject of dealing with (difficult) feelings, help here in a very concrete way? In order to cushion the consequences of the ongoing crises, such as excessive demands in many places, especially in families, in care, at schools and with children, a larger project for the support of children had already been envisaged in 2021, but turned out to be too complex. However, the question did not let go of our founder Lilli Höch-Corona and so she offered at short notice a free workshop for people who wanted to support others to get well through the time of crisis: “I’m listening to you”.

The seminar celebrated its premiere on February 10, 2022 – and was so enthusiastically received that it was held a total of 20 times in German, in part including

a second follow-up workshop for interested parties. With our fewer English speaking participants we did two of these seminars.

The tried-and-tested Gefühlsmonster® Cards¹ naturally played a major role in this method.

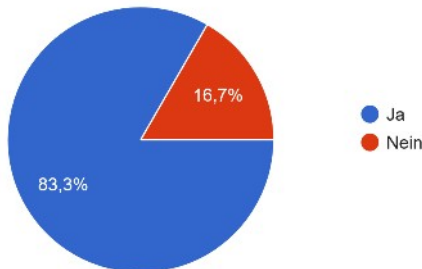
The idea: With the help of the cards, whether online or in person, a short, structured conversation is held in which the listeners ask the other side about their feelings, direct their attention entirely to the other person, who selects one to three Gefühlsmonsters for their feelings, the listeners help them to accept these feelings through their witnessing and continue to support them in finding a good conclusion to the conversation.

We wanted to get a picture of how the seminar was received by the participants

¹ Gefühlsmonster® Cards available here:
gefuehlsmonster-shop.de/gefuehlsmonster-cards

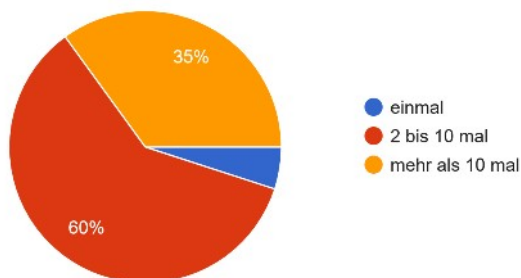
and recently conducted a survey for this purpose.

Hast du die Gesprächstechnik eingesetzt?



More than 90 percent of the respondents used the presented method. In addition to family members, the survey also included work colleagues and other interlocutors. Most of them (60 percent) have used the conversation technique two to ten times, 35 percent even more than ten times. For five percent, it was just a one-time trial.

Wie oft hast du die Gesprächstechnik eingesetzt?



The participants had a variety of positive experiences, for example:

„I had a very nice and pleasant experience. The technique is great and the question 'What does the card mean to you' is short and easy to understand. The children can tell a lot based on the question and also clients who have great difficulty talking about feelings.“

„Children and adolescents find it helpful to use the cards to sort out their feelings. I found it easy to start a conversation with the cards.“

One experience was, that the openness to interpretation is very well received, and that especially children like the storytelling that results from using the Gefühlsmonster® Cards. One person was happy to be able to show his wife afterwards, with the help of the Gefühlsmonsters, how he was feeling – something he had not been able to do verbally before.

The following answer illustrates particularly well how much the cards sometimes perform small miracles:

„My acquaintance told me that she was feeling bad. In the middle of the bicycle path I unpacked the cards and listened to her. Afterwards I got a message that she could spend a really relaxed evening for the first time in a long time.“

Of course, there is no 100 percent guarantee of success:

„The other person was briefly irritated that I was working with 'comic characters' and at first did not see herself taken appropriately 'seriously' with her problem.“

„Clients, who cannot talk about feelings, had difficulties to name their feelings despite the cards.“

There were praises and suggestions from many sides afterwards, for example:

„The offer was a super opportunity to get a taste of the topic. Super that it was offered for free! Thanks for that.“

„Glad to see more models like this that are easy to learn and apply.“

„For me, the free participation has been a gift and has increased my enthusiasm for the cards. Thank you very much.“

„Gladly in regular intervals a deepening.“

Because of the positive feedback, "I'm Listening to You" has now found a regular place in the seminar program of the Gefühlsmonster Academy. For more information:

gefuehlsmonster.de/seminare

*Martina Günther, freie Mitarbeiterin bei der
Gefühlsmonster GmbH*