

## 'Making a picture' *recipe*

### 'Making a picture'...When to use?

You can use this technique when you:

- feel your emotions are too much, you are drowned
- want to improve your relationship with yourself
- want to face up to something from a bigger distance
- do not now want to work on a memory
- your session time is running out.

### Step 1 - 'Making a picture'... How to do this?

Project your memory on a screen in front of you

- I am here - the she/he in the picture is you in that situation *point of attention for co-worker*
- Keep your eyes focused on the picture.
- Describe what else you see out there.
- Tell the person that you love him / her.

### When enough time: view the 'Picture' in more depth

Looking at the Picture, ask the following questions:

- How does the 'you there' experience the situation?
- What in the situation triggers that experience?
- How much worse could that situation have been?
- What is the 'practical problem' for the 'you there'?
- What resources does the 'you there' have?
- What options can you suggest to the 'you there'?

### Step 2 - Finishing of

- Describe the frame around the Picture.
- Give the Picture a title.
- If necessary, make a drawing of the Picture.
- Store the Picture away. And empty the screen.