Video-technique *recipe*

This recipe assumes that you are familiar with "Making a Picture". Make sure you are seated correctly. Ensure that your co-worker sits in such a way that s/he can see both your eyes and your projection screen.

Step 1 - Decide your starting picture

- Do you want to process **a difficult or traumatic event**?
  - o "Make a picture" of this event. Especially if you feel emotionally overwhelmed, take your time. Then go to Step 2.
- Do you want to investigate a **certain period of your life or relationship**? Go to Step 2.

Step 2 - Determine the 'Prior good experience'

Project and describe an image on the screen of a situation in which you are doing well, *before* your annoying experience or period in life.

Step 3 - Determine the 'Good experience afterwards'

Project an image on the screen of a situation in which you are doing well again, *after* the unpleasant experience or period in your life. That might even be an imaginary situation in the future. Describe this image.

Step 4 - Make the Video

1. The Video starts with the 'Prior good experience'. Describe it.
2. * For **processing difficult or traumatic events**:
   - project step by step: *the run-up > the event > the ending*
   * For investigating **a certain time period**:
   - project all major events from the start of this period.

If necessary, tell "you there" something supportive or wish him/her something good.

3. Finish the Video with the 'Good experience afterwards'.

Step 5 - Looking back at this video

- What practical problems did the "you there" survive?
- What resources helped the "you there" to survive?
- In what way has the "you there" been lucky?
- Other new insights?

Step 6 - Finishing off

- Give the Video a title.
- Ascertain the various fragments of your Video on your finger tips:
  - o The thumb is the 'Prior good experience'.
  - o Each following finger is a picture in the Video.
  - o The last finger is the 'Good experience afterwards'.
- Store the Video away. How does the screen look when "empty"?