

WORK SHEET SESSION 1 – WHERE DO YOU STAND NOW?

Step 1: Walking meditation

Step 2: What brings you here?

While walking you and ask:

- What is currently going on in your life?
- What is it that requires attention, clarification or change?

Step 3: Creating a still life

Stand still and invite your client to create a still life about their current situation.

Step 4: Discussing the still life

Let the client explain what the different symbols represent. Listen mindfully.

Then carefully observe the still life by asking open questions:

- Is there a reason for placing this here or in this particular way?
- I notice that... what does this say about your situation?
- Do the surroundings play a role?
- What do you notice if you look at it from a different perspective?

Don't forget to specify the given answers by asking the following questions:

- Can you give me an example?
- What would you be doing exactly?
- How does that translate to your daily life?

Summarise all insights.

Step 5: Include the process of feeling

- How is it for you, that... (repeat previous the answer)
- What emotion does... evoke?
- Where do you feel that feeling or emotion in your body?

When you are asking about the feeling, make sure the person stands firmly on the ground with both arms hanging alongside their body. And remember: nothing need to be solved or soothed here.

Step 6: Acknowledge the truth

Give back in your own words what the client has shared with you and ask:

- How is it for you, that this is a reality? That this is the way it is?

Step 7: Bring it back to the core

- What is the most important detail in this still life?

Step 8: Summarise and explore longing

- What are your most important insights?
- What is, in this story, your greatest longing?

Step 9: Finalising

While walking back, ask your client to summarize the most important insights of this session. You also determine whether a follow-up is desirable.

Notes