

Picture Stories

This exercise is to enable someone to talk about their situation or emotional state in a safe and non-threatening manner in order to begin to identify some of the main issues in their lives and begin to discuss ways forward.

The person needs to be presented with a set of individual pictures, maybe 30 or 40 depicting a wide variety of scenes. There are published materials but picture can be cut out of magazines and perhaps mounted on card.

The idea of the exercise is to get the person to choose pictures that best fit the emotional state or situation they feel they are in and to explain why they have chosen those pictures.

Hopefully by doing this, open discussions may arise that enable the exploration of the context of a person's dilemma. This may lead to some deeper understanding and perhaps the seed of solutions or answers.

It is a simple method of enabling someone to begin to talk about themselves.